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VANCOUVER • WEDNESDAY, NOVEMBER 12, 2008 metronews.ca

Celebrity Buzz

Former star blasts Grey's
pg 34

Ex-mayors defend secret deal

KRISTEN THOMPSON
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Two former Vancouver mayors defended the city's closed-door loan negotiations with the Olympic Village developer yesterday, saying in-camera talks are protocol and Vision Vancouver mayoral candidate Gregor Robertson is misleading people by suggesting otherwise.

Former political foes Larry Campbell and Philip Owen held a rare joint news conference near the False Creek construction site to say that land negotiations have never been, and should never be discussed in public.

"Confidentiality in all real estate transactions is essential until the completion date, which is after all the lawyers signed off on the transaction," said Owen. "When, and if this is done, all the details about the Olympic Village will be made public."

On Oct. 14, council unanimously approved a $100-million loan to the financially struggling developers in a closed-door meeting — information that was leaked to the media.

Robertson has demanded public disclosure on details of the meeting, saying that taxpayers have a right to know how their money is being used.

Information leak

- Larry Campbell said that if he were mayor, he'd demand a criminal investigation into how details of the in-camera meeting were leaked.

But Campbell and Owen said the city has always negotiated deals like this in private, adding that this should never have become an election issue.

"The city is in good financial health, they can afford this, absorb this," said Owen. "It's a very good land deal for the citizens of Vancouver."

Mayor Sam Sullivan released a statement earlier in the day assuring Vancouverites the city has been acting "in the best interest of taxpayers" in managing the "complex project."

"City councillors and staff are legally bound to keep all property transactions confidential," he said.

"The moment our legal team and negotiators signal that this information can legally be released, it will be without any delay."

Rain, cold don't dampen memories

War veterans honoured

JEFF HODSON
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About 1,000 people braved the rain and cold to remember Canada's fallen at the Victory Square cenotaph in Vancouver yesterday.

The Remembrance Day ceremony also commemorated the 90th anniversary of the armistice that ended World War I.

"It's so important to come down and show our respect," said Melissa Neison, 23, whose brother Morgan is an armed forces member heading to Afghanistan next year.

"Having friends and family involved in the military really brings it home. We don't forget the past, but it really brings it to the present for us."

The ceremony included a number of songs by the Vancouver Bach Youth Choir and a poem by Grade 12 Little Flower Academy student Katherine Chan.

A bugled Last Post led into two-minutes of silence, which was accompanied by a deep artillery blast that echoed up from the port. A reveille and a Scottish lament ended the moment of silence.

Afterwards, wreaths were laid around the cenotaph.

"It's important to remember the people we served with who gave up their lives," said veteran Angus Carten, 59, a former airborne member, who served with the UN in Cypress in 1974.

"It's important to remember people who gave up time and effort to bring civility into the world and to try and bring peace. It is always a challenge."

After the ceremony, Premier Gordon Campbell took part in a small ceremony at the Drill Hall on Beatty Street to mark the 125th anniversary of the B.C. Regiment.

Chinese-Canadian

- A second ceremony to honour Chinese-Canadian veterans was held yesterday in Chinatown. **Story page 3**

ShareYourViews
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RAFE ARNOTT/METRO VANCOUVER

Members of the Seaforth Highlanders Regiment pause to mark fallen comrades during the moment of silence at Victory Square in Vancouver yesterday.

Obese children's arteries like those of a 45-year-old

RESEARCH An obese child's arteries may be just as clogged as the arteries of someone who is middle-aged, researchers said yesterday.

This buildup of fatty plaque means the children may risk heart attack or stroke as early as age 30, according to Dr. Geetha Raghuveer of the University of Missouri Kansas City School of Medicine and Children's Mercy Hospital.

"This is an alarming finding," said Raghuveer, who led the study.

Her team used ultrasound to measure the thickness of the inner walls of neck arteries of 70 mostly obese children with an average age of 13, and found that the state of their arteries was more typical of a 45-year-old. REUTERS

Automotive pg 21

DBS: Bond's newest ride

Please recycle

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

PREMIERE TOMORROW AT 10AM*

*In order to accommodate as many customers as possible, Comme des Garçons for H&M will be limited to two pieces of the same style per customer.

Ex-VPD chief Graham could lead Victoria's force
Former Vancouver Police Chief Jamie Graham has been shortlisted to lead Victoria's police department. Victoria has been without a police chief since Paul Battershill stepped down in November of last year. METRO VANCOUVER

Local

Lightfoot hits highway

Canadian folk singer Gordon Lightfoot, left, will dust off his guitar to embark on a North American tour set to begin on April 8 in Nanaimo. The tour will be Lightfoot's first since 2005. Tickets for the Juno award winner's Vancouver shows on April 10 and 11 go on sale this Friday. METRO VANCOUVER

Chinese, First Nation vets honoured

KRISTEN THOMPSON
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For some spectators, yesterday's Chinatown Remembrance Day ceremony was more than a chance to pay respect to the nation's soldiers — it was a history lesson.

Amanda Lam, 16, who attended the ceremony with her brother, said she didn't realize Chinese-Canadians fought in World War II.

"It makes me feel good to know (they) participated," she said, adding that the event will let more people know the role her ancestors played.

"It makes me proud," she said.

Around 100 people gathered at Chinatown Square to recognize all Canadian soldiers, but more specifically Chinese-Canadian and First Nation veterans.

"(Many) things (young people) have today are due to those veterans."
Vic Nordquist

Vic Nordquist, 75, who served in the Canadian Air Force, took part in the ceremonies at Victory Square and Chinatown Square.

"It's important that people, (especially) young people, recognize what these veterans did during the Second World War," he said.

"They played a very significant role in that war and in British Columbia itself. (Many) things (young people) have today are due to those veterans."

Tung Chan, CEO of immigrant services organization SUCCESS, said Chinese-Canadian veterans and pioneers fought for the values and freedoms Canadians pride themselves on today.

"Those pioneers and soldiers who dedicated their lives to serve the ideals of Canadian society and those who are serving us now, we offer our respect and sincere gratitude," he said.

RAFE ARNOTT/METRO VANCOUVER

Chinese-Canadian veterans stand at attention during the playing of a Scottish lament during yesterday's Remembrance Day ceremony in Chinatown.

Cabbie charged after alleged cab-and-dash

ASSAULT A Surrey taxi driver is facing a charge of assault with a weapon after a teen, who allegedly fled the cab without paying his fare, was hit by the taxi.

According to police, the incident began at 10:20 p.m. Saturday night. Four teens allegedly got out of a taxi at 24th Avenue and 128th Street and tried to run off without paying.

One of the teens, a 15-year-old boy, was struck by the cab and became trapped beneath it, said Surrey RCMP Sgt. Roger Morrow in a press release Monday.

Firefighters were able to raise the vehicle and the teen was airlifted to hospital. He sustained minor injuries and was released by the next day.

The driver, a 61-year-old Surrey man, is set to appear in court on Nov. 21.

JEFF HODSON/METRO VANCOUVER

COPE's two-tier bus rides again

TRANSIT COPE's big red double-decker free bus is hitting city streets again today. The bus service, which links the Broadway Corridor to Downtown, will run from 10 a.m. to 1 p.m. Later on, the bus will park in various spots in the city and stage free concerts.

metronews.ca
WHAT'S ONLINE TODAY

Watch families of slain soldiers join an emotional ceremony in Kandahar at metronews.ca/canada
Check movie showtimes, trailers and reviews at metronews.ca/movies
Play online Sudoku!

Readjusting to civilian life after combat jarring

MONICA MARTINEZ
for Metro Vancouver

Two soldiers who finished an eight-month Afghanistan tour in September say that returning to Vancouver as part of a small group can be tough because the average civilian doesn't realize they were in a war zone just days before.

"When people in World War One and World War Two came back (in large groups) everyone acknowledged them," Cpl. Jonathan Mishrigi said, adding that when people learn he's a soldier everyone reacts differently.

"Some people have political opinions that have nothing to do with it," he said.

For him, yesterday's Remembrance Day ceremony was a nice acknowledgment of his service and that of fellow soldiers.

MONICA MARTINEZ / METRO VANCOUVER

Cpl. Jason Villeneuve , left, and Cpl. Jonathan Mishrigi at the Beatty Street Armories yesterday.

As the rain fell, Mishrigi said it reminded him of the harsh conditions Canadian soldiers have faced overseas over the years.

Later, speaking at the Beatty Street Armories where active soldiers and veterans mixed over drinks, Mishrigi added that although his war is vastly different from the Second World War, "we are all soldiers."

"We have the same mentality and traditions that have been followed for over 100 years," he said.

Cpl. Jason Villeneuve said the main difference between today's war in Afghanistan and the Second World War is that people are now better educated.

"Before, it was good versus evil, black and white," Villeneuve said. "Today, they also have the choice to enlist."

Mishrigi said readjusting to civilian life has been all about taking care of day-to-day tasks.

"It's like coming back from a long trip," he said. "It's difficult to get a place to live, furniture, and adjusting to conversing with people and being in large groups after being surrounded only by Afghans and soldiers."

Man in hospital after beating

BURNABY A Burnaby man is recovering in hospital after being beaten up by six men in a back alley Monday night, News1130.com reports.

Police say the 32-year-old is in serious condition with broken ribs and a broken arm. The incident occured near Kingsway and Griffiths Drive.

METRO NEWS SERVICES

News in brief

ARSON Police are looking for the culprits who threw marine flares at a house in the 1000 block of 17th Avenue in Burnaby on Sunday. No one was hurt in the incident, which took place around 12:40 a.m., but several windows and the front door of the house were damaged. METRO NEWS SERVICES

Maclean's annual university rankings released

Simon Fraser University and the University of Victoria shared the top spot in Maclean's magazine's annual university rankings in the "comprehensive" universities category. The University of British Columbia dropped from No. 2 in last year's "medical/doctoral" universities ranking to No. 4 this year. METRO VANCOUVER

Documents belonged to Ladner

MARIA COOTAUCO
for Metro Vancouver

The Olympic Village documents that went missing after a closed-door city council meeting belonged to Coun. Peter Ladner, the NPA mayoral candidate said.

Two days later, they resurfaced on the desk of fellow Non-Partisan Association Coun. B.C. Lee.

"At the end of the meeting, I put my document on the table and left the meeting and was seen leaving the meeting with nothing in my hands — as was B.C. Lee," Ladner said at a press conference on Monday.

It was at that Oct. 14 meeting that the city approved a $100-million loan to the Millenium Group, the village's developer. The missing documents are what tipped reporters to the loan.

"If necessary, I'm prepared to lose this election to save this project and protect the city's taxpayers," Ladner also said on Monday. "It's not appropriate to go public with (loan details) now. There will be a time."

JEFF HODSON/METRO VANCOUVER

NPA mayoral candidate Peter Ladner.

News in brief

LANGLEY A drive-by shooting into a townhouse in Langley was probably a case of mistaken identity, RCMP said yesterday. A couple — both 23-years-old — were home, but not injured when multiple shots were fired into the residence on Sunday at about 11 p.m. in the 20300-block of 68th Avenue. The couple aren't known to police and don't appear to have any criminal affiliations, RCMP said.

TERROR TALK RCMP Comm. William Elliot is in Vancouver today, speaking at a Vancouver Board of Trade luncheon about the threat of crime and terror in Canada. Elliot will discuss how Mounties work with government and local police and how the national police force is evolving.

CHILLIWACK Two prolific offenders from Chilliwack were arrested on Sunday after a police chase that ended with the two men being bitten by a police dog. The 42-year-old and 31-year-old men were caught when a spike belt was put in their vehicle's path. The men were treated for the bites and released back into RCMP custody.

METRO NEWS SERVICES

ON NOVEMBER 15, SUPPORT
KORINA HOUGHTON
FOR npa CITY COUNCIL

BACKGROUND
- Vancouver Park Board Commissioner, current Chair
- BSC Forestry, Forester in Training
- Founder and President of The Foundation of Hope for Children's Hospitals (100% Volunteer)

ACTION PLAN
- Continued cooperation between the City and all levels if government is paramount to properly address the very serious issue of homelessness.
- Combat crime through support of the ambassador program and the community court initiative.

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Festival brings underground entertainment to the surface

MARIA COOTAUCO
for Metro Vancouver

MUSIC Underground music is about to go above ground for at least four days when the Nearly Famous Music Festival kicks off tomorrow.

At the heart of the event are 70 bands, 18 shows and 10 venues around downtown Vancouver featuring the West Coast's up and coming indie, punk, rock, alt country, hard core and metal acts.

The festival runs until Sunday and will showcase Vancouver-based musicians like the Good News — a band made up of a DJ, a substitute teacher, a fashion designer, and a geo-scientist to name a few.

A $30 wristband will get you into all the showcases and industry workshops. For more information, visit nearlyfamousmusicfestival.com.

Highway 97 reopened, unstable rocks removed

TRANSPORT Highway 97 between Kelowna and Penticton reopened at 5 a.m. this morning after transportation officials announced that all unstable rocks have been removed.

The highway had been closed for three weeks due to a large crack in the rock face above the road.

Approximately 34,000 cubic metres of rock was blasted to make the highway more secure.

During the closure, people had to make detours or use a free water-taxi service.

MONICA MARTINEZ/
FOR METRO VANCOUVER

DIPLOMA PROGRAMS

HEALTH CARE — Practical Nursing | Intra-Oral Dental Assistant | Medical Laboratory Assistant | Resident Care Attendant | Community Health Care | Early Childhood Education | Pharmacy Technician | Addictions and Community Services Worker | Rehabilitation Therapy Assistant | Medical Office Administrator | Veterinary Office Management | Spa Therapy

BUSINESS — Accounting and Payroll Administrator | Paralegal | Legal Administrative Assistant | Business Administration| International Trade (FITT) | Hospitality & Hotel Management (AHLA) | Travel and Tourism| Business Administration E-Commerce Management | Law Enforcement Foundations | Office Administration

TECHNOLOGY & TRADES — Computer Graphic Design | Construction Electrician Foundations | Plumbing Foundations | Programmer Analyst – Internet Solutions Developer | Network and Database Administrator | Help Desk Analyst | Programmer Analyst - Web Developer | Computer Programmer | Web Designer | Computer Business Applications Specialist – Accounting

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"Two years before the last Olympics I picked up an official Torino keychain for my car keys. Every time I got in my car to go anywhere, I could touch it and have a tangible reminder of my dream, each road journey taking me one step closer towards it."

Alexa Loo.
Snowboarder
Richmond, B.C.

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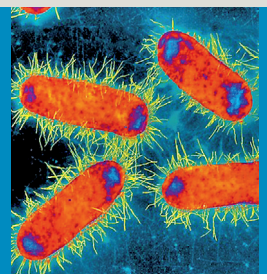
Shearing released on four-hour escorted pass

The family of the victims of killer David Shearing say they were shocked to learn the convicted murderer has been granted a four-hour escorted pass from the Bowden Institution, near Red Deer, Alberta. The National Parole Board has refused to explain the reason for the leave from jail, CBC News Online reports. CBC NEWS ONLINE

Canada



Finger pointing in E. coli outbreak

A produce supplier may be the source of an E. coli outbreak in southwestern Ontario, according to regional health authorities who say the number of cases continues to climb. While the investigation continues, no supplier has yet been identified, CBC News Online reports. As of Monday, there were 24 confirmed cases and 64 suspected cases in Niagara, Halton, Guelph and Waterloo. Many of those cases tested positive for the same strain of E. coli 0157:H7. CBC NEWS ONLINE

Forming a legion of their own

Group offers support, camaraderie for new generation of veterans

JENNIFER TAPLIN
Metro Canada

A new generation of veterans stood watching the Remembrance Day ceremony at Grand Parade in Halifax yesterday.

A small group dressed in motorcycle leathers drew a few odd glances from fellow onlookers especially those who noticed the "Canadian UN/NATO Veterans Military Group" patch on the back of their leather jackets.

Younger veterans don't really fit into the Legion crowd and wanted a way to network, said Orlando Fantini, a 22-year veteran.

"We never really had a group or an association with any military new generation because we don't fall into the First World War and Second World War guys," he said. "We're trying to represent the new veterans and some are as young as 19."

RYAN TAPLIN/METRO HALIFAX

Members of the Canadian UN/NATO Veterans Military Group attend the Remembrance Day ceremony at the Grand Parade yesterday. The group has around 300 members across the country.

The group started nearly a year ago by a Quebec man who wanted young veterans to have a way to network. They have about 300 members now — including six in Halifax — who blog and discuss issues online.

"We're a new generation of veterans, really. We're high-tech, everybody has cameras," he said.

There are no ranks or chapters, just a "Canadian chapter," Fantini said. A person must be in, or have been in military service and have gone on UN or NATO missions to join.

And while they look like a motorcycle club, bikes aren't required.

"It's not a motorcycle group. You can have a car, or a bicycle if you want to. You need to be just a veteran, really," said Fantini, who rides a Harley.

UN/NATO group

- Supporters (family members and good friends) can join the UN/NATO Veterans Military Group, too.
- There are members in Quebec, Alberta, the Maritimes and Saskatchewan.

Polygraph tests in N.S. under review

RACHEL BOOMER
Metro Canada

COMPLAINTS Halifax Mayor Peter Kelly says the city is reviewing its use of the polygraph in police and fire department hires, after finding out candidates are asked intrusive questions about their sexual practices.

Questions range from whether the would-be hire has ever downloaded illegal software to whether they've committed incest, or had sex with animals. They're also asked if they've ever hired a prostitute, helped someone hide from the law, or plagiarized someone else's work.

It's not just future police officers or firefighters who must take the test to be hired. Bylaw officers and even the dogcatcher have to do it, too, because those services are controlled by Halifax Regional Police.

Civil liberties lawyer Walter Thompson says the practice is "absurd."

"I hope everybody else, like me, is appalled," Thompson said.

Hall Findlay to sit out leaders race

LIBERALS Martha Hall Findlay, one of the stars of the last Liberal leadership contest, intends to sit out the current race.

The Toronto MP announced yesterday she won't be running to replace Liberal Leader Stéphane Dion, when Liberals pick their new leader next May in Vancouver.

This time, she intends to use her experience to work with other women to get them to the point where they are ready for a leadership race in the future, she said.

TORSTAR NEWS SERVICE

'Lactivist' fight erupts in Toronto

BREASTFEEDING A breastfeeding brouhaha has broken out at a Toronto swimming facility.

At one end of the Swim School pool is Cinira Longuinho, who wants Ontario's Human Rights Commission to investigate why she was asked to leave the water Oct. 24 while breastfeeding her 20-month-old daughter Camilla on the pool steps.

At the other end of the pool — and drowning in a sea of blogs, emails and protests — is the pregnant pool owner Ellie Karkouti has said that she has no objection to breast feeding, just not in the pool.

According to Karkouti, while salt and chlorine reduce dangerous bacteria in a pool, the water's still "filled with stuff that you can't kill — people's pee and sweat and body stuff is in there. Am I ever going to stick my baby's mouth on a breast that's been in a pool without cleaning it (first)? Never, ever."

The Ontario Human Rights Commission says breastfeeding women can't be prohibited from feeding their babies in public, or ordered to move to areas considered more "discreet."

Longuinho is pondering her next move. "What happened was wrong," she says.

"I want to use it as an example for other mothers that they should not be afraid of breastfeeding, even in a pool."

But the Ministry of Health sets rules that ban food and drink around pools.

A Ministry of Health official who is aware of this incident couldn't be reached for comment.

TORSTAR NEWS SERVICE

hiring protection

- Longuinho showed up to the pool with 20 other protestors but were met by four security guards.
- Karkouti, bombarded by angry emails and phone calls, paid out over $400 for protection from potential 'lactivists'

News in brief

DRUGS Police in the Cape Breton Regional Municipality have seized 25,000 OxyContin tablets and arrested two men in what they called one of the largest busts in Canada for the powerful prescription painkiller. Police estimated the street value of the drugs was above $700,000. Ninety grams of marijuana were also seized

METRO CANADA

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Ski club files for bankruptcy

Exclusive ski and golf community Yellowstone Club, in Montana, has filed for bankruptcy protection, a sign that the financial crisis roiling the real estate and leisure industries is not limited to the low end of the market. REUTERS

World

Victoria's Secret being sued

The secret is out for one of the world's most recognizable lingerie brands, according to a potential class action lawsuit in which consumers claim they've experienced very uncomfortable symptoms, like rashes, hives and permanent scarring from Victoria's Secret bras, ABC News reported. "I had the welts ... very red, hot to the touch, extremely inflamed, blistery. It itched profusely," said Roberta Ritter, who describes herself as a longtime Victoria's Secret shopper. METRO NEWS SERVICES

Obama bolsters web presence

INTERNET Barack Obama had a brigade of web denizens backing his election, from comedy star Obama Girl to throngs of young voters, and now they are clamouring for the Internet to play a big role in his presidency.

Early in his transition to the White House, the Democratic president-elect seems to be complying, and his actions could signal a change in the way U.S. citizens expect their political leaders to communicate with them in the future, experts said.

Obama, who has become the first president-elect with a MySpace page, has bolstered his online presence since last week's election by creating a site called change.gov. REUTERS

Congo violence hurts kids

Displaced children vulnerable to disease, exploitation: UNICEF

Packed into squalid refugee camps or roaming in the bush, hundreds of thousands of Congolese children face hunger, disease, sexual abuse or recruitment by marauding armed factions, aid workers said yesterday.

FINBARR O'REILLY/REUTERS

A girl displaced by fighting stands in a refugee camp at Kibati in eastern Congo yesterday.

Weeks of violence have forced more than 250,000 people from homes or ramshackle camps where they had taken shelter, bringing to over 1 million the number of internal refugees from years of fighting in Democratic Republic of Congo's North Kivu province.

Most are children.

"North Kivu is quite possibly the worst place to be a child. There is no question that children have been the most severely affected by the recent conflict," said George Graham, spokesman for Save the Children in the provincial capital, Goma.

Fighting between Tutsi rebels and pro-government troops and militia fighters has subsided into sporadic clashes in recent days as African leaders staged summits and leant on both sides to avert a repeat of Congo's devastating 1998-2003 regional war.

"When children flee fighting they become more vulnerable to contracting diseases, to becoming malnourished, and vulnerable to predators like sexual abuse, exploitation, violence and recruitment into armed groups," UN Children's Fund (UNICEF) spokesman Jaya Murthy told Reuters in Goma.

Sixty per cent of the 1.1 million displaced are children, he said. "We estimate that there's around 2,000 to 3,000 children in armed groups and recruitment is going on right now."

"This has been a silent emergency for children for the last five years, only now it is re-exploding — again." REUTERS

4,000-year-old pyramid found

DISCOVERY Egyptian archaeologists have discovered a pyramid buried in the desert and thought to belong to the mother of a pharaoh who ruled more than 4,000 years ago, Egypt's antiquities chief said yesterday.

The pyramid, found about two months ago in the sand south of Cairo, probably housed the remains of Queen Sesheshet, the mother of King Teti, who ruled from 2323 to 2291 BC and founded Egypt's Sixth Dynasty, Zahi Hawass told reporters. REUTERS

News in brief

LIMITS Russian President Dmitry Medvedev asked lawmakers yesterday to approve a draft law extending the presidential term of office. REUTERS

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ADD Sian Ka'an wilderness adventure from $156.

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Comment & Views

Comment

Addressing an elephant

Various failures at national reconciliation have left us comatose

TheWestView

Paul Sullivan
Journalist & media consultant

A lot of ink has been spilt on the failure of the recent Canadian election to match the sizzle of the U.S. presidential race.

The consensus seems to be: The U.S. election was historic; the Canadian election was, at best, histrionic. And if you watched the candidates all screeching at each other in that ridiculous travesty of a televised debate, you'd have a hard time disagreeing.

But as I watch Stephen Harper govern the nation virtually by default, I think it's time to address the elephant in the room. Simply put, the U.S. election was so uplifting because the American people united behind Barack Obama, if only for a brief, shining moment.

Here in Canada, the Bloc Québécois increased its number of seats to 49 from 48.

I mean, really, what kind of country allows a separatist party to hold the balance of power? In other countries, separatists meet at night in clandestine locations, identifying each other by the secret handshake. Here, they put up lawn signs and get fat pensions funded by the very taxpayers they repudiate.

They're not even polite about it.

No matter that Stephen Harper has bestowed nation status on the people of Quebec without any of the attendant responsibility — I can only assume chief Blochead Gilles Duceppe will continue his truculent demands long after the only establishments flying the Canadian flag in Quebec are the hotels.

Gilles Duceppe

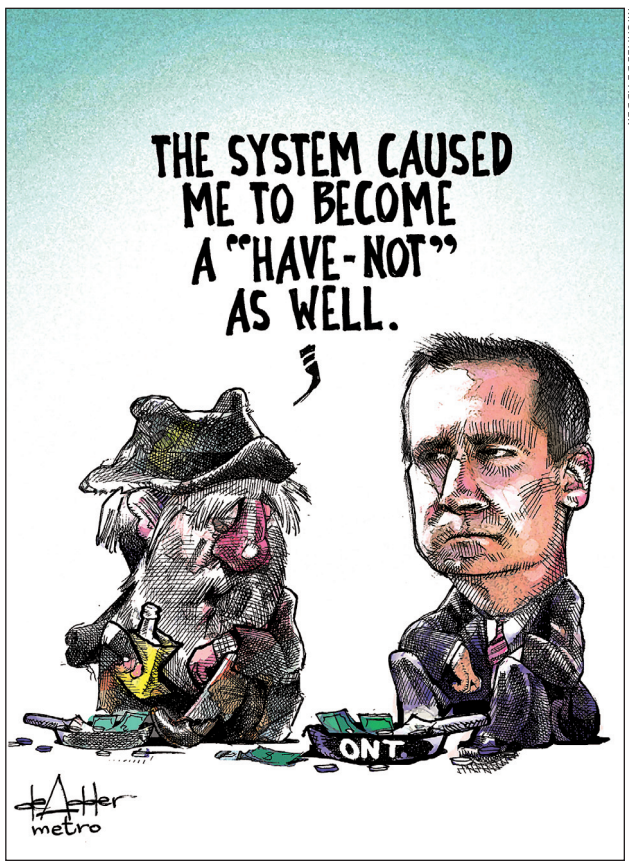
Don't get me wrong. I'm not opposed to Quebec sovereignty if that is the will of the people. But in my darker moments, I suspect I'm more willing to see Quebec fly on its own than Gilles Duceppe and Pauline Marois (his, uh, provincial counterpart) combined.

Seriously, are you really surprised by the decline in the popular vote? Do we really expect robust voter enthusiasm when year in, year out, the very party that wants to break the country in half controls the balance of power? How can we move forward as a nation when the representatives of a huge part of the nation are determined to go the other way?

My apologies for bringing up the old bugaboo of national unity. But our various failures at national reconciliation have made us comatose, which appears to be the ideal condition for the permanent infestation of Parliament by the Bloc Québécois, a daily reminder that any enthusiasm we have for Canada is misplaced, jejune, just plain wrong.

I yearn for a Barack Obama who can bring us all together. But failing that, at the very least, I hope that the prime minister of Canada will finally begin to stand up to the presence — in his own Parliament — that thrives on keeping us apart.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.



MICHAEL DE ADDER

Word on the street: In tough economic times, what's the one luxury you can't give up?

McKenzie Chipluk
age 22, Vancouver

A: Food. No matter how hard times are you still want to make sure that you are eating healthy food, whether it's grocery shopping or eating out.

Allan Scafe
age 25, Vancouver

A: Coffee. I need it so I won't cut down. I buy coffee almost every day. It's part of my routine and I won't drop it.

Lisa Per
age 36, Vancouver

A: Fresh organic food. I would keep spending my money on fresh food and vegetables. Choosing a healthier option, even if it's more expensive, it's worth it.

Carolyn Bennett
age 28, Toronto

A: (Liquor). It's a sad answer but it's true. Because wine helps you relax, particularly in tough economic times and helps you unwind.

Monica Prosser
age 20, Ottawa

A: Coffee. It's the one thing that makes me happiest in the morning.

metro life panel

Metro Life Panel

Results from the Canadian Metro Life Panel:

Daily cup of coffee: 19%
Dining out: 12.4%
Driving: 30.2%
Entertainment (movies, going out): 16.5%
Other: 10.9%
None of the above: 11.1%

Letters

Terry McKinney, VANCOUVER

Re: U.S. minister plans to picket gay play (Nov. 10).

How is it that anti-war protesters with a compassionate and peaceful motive are harassed, arrested, their material seized and their entry denied? This for spreading a pacifist message?

Meanwhile, this hatemonger, gay basher comes and goes at will? It certainly shows the way this government's sympathies lie and how far it will go to interfere in the types of protest it doesn't like and that it will assist those with whom they agree.

Tanya Fink, VANCOUVER

Re: Out of their homes? (Nov. 10)

With the upcoming civic election only days away, I pray that people realize how important it is to get out there and vote.

This is the only way we are going to protect ourselves as citizens of this city and stand a fighting chance against landlords like these.

It's time to put people back in power who believe that everyone deserves an affordable place to call home.

John Cartwright, TORONTO

Re: The answer is blowin' in the wind (Nov. 10)

Drs. Suzuki and Faisal are right on the money. The main reason Canadians have not yet done anything significant to stop climate change is political will.

Governments are supposed to represent the will of us — the people who get to elect them — in the way we choose to organize ourselves as a society.

Stopping climate change is the crisis of our time and we have a choice. We have to start now to do the work that should have begun 10 years ago — demanding that governments stop subsidizing polluting energy and instead invest in renewable energy infrastructure.

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ACE Aviation looking to wind down
ACE Aviation Holdings Inc., the parent company of Air Canada, said yesterday it is still looking for ways to wind itself down, but that it is unlikely to do so by making a cash offer for the public minority stake in Canada's No. 1 airline. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Google adds video chat to its roster

ONLINE Google Inc. added a voice and video chat feature to its Gmail e-mail service yesterday, launching a free Web-based service that competes with the likes of eBay's Skype.

Gmail and Google App subscribers can now choose to speak with friends on a video screen while instant messaging in a Google Chat box.

The video screen can be popped out of the chat box and moved around a user's computer screen. Users can also change the size of the screen and expand it to full-screen size.

"The idea was to make it quicker and easier to communicate with other people by whatever means is best convenient," said a Google spokesman. **REUTERS**

Italy **Airline staff strike**

REUTERS/MAX ROSSI

Passengers walk with their luggage in front of an advertisement reading Fiumicino flights at the Fiumicino International airport in Rome yesterday. Dozens of Alitalia flights were cancelled for a second day yesterday after staff protested against a takeover by a business consortium.

Business in brief

AUTOS General Motors Corp.'s shares plummeted 13 per cent to a 65-year low of $2.92 US yesterday, on concerns the automaker might run out of cash by early next year. Shares of other automakers and parts suppliers declined across the board. **REUTERS**

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Bankruptcies poised to rise

There will be a steady upward march in personal and business bankruptcy filings in Canada as overspending and falling home prices catch up with individuals and as a slowing economy hurts businesses, experts in the field say.

"We're definitely seeing an increase (in calls), I think that people are caught, they've been living on credit," said Linda Stern, vice-president of personal restructuring services at Deloitte & Touche Inc. in Toronto.

Stern estimates her office is working on 30 per cent more filings — actual bankruptcies or proposals to pay off a portion of debt — than this time last year.

Her colleague, Rebecca McKinley, a trustee at Deloitte in Windsor, Ont., said her office is dealing with about 17 per cent more bankruptcies than last year.

"In the past year I have seen more and more instances of people who cannot afford their mortgages," while their house values also dropped, McKinley said. **REUTERS**

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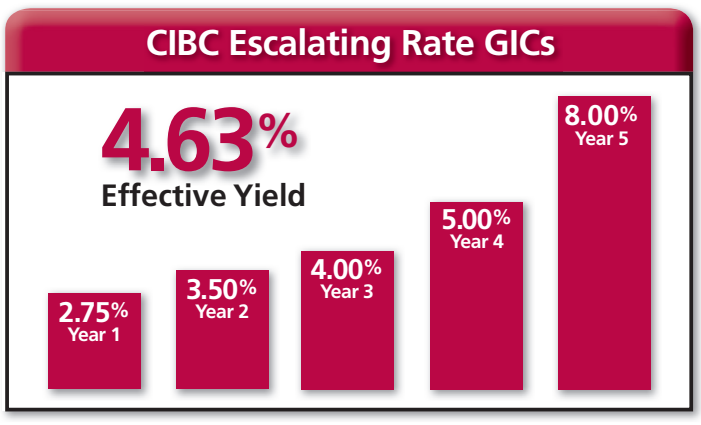

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12 business

TSX down 264 points on commodity concerns

The Toronto Stock Exchange's main index fell broadly yesterday, led down by a drop in the energy and materials sectors as commodity prices were pressured by concerns the economic downturn would hit demand.

Investor concern about the impact an economic decline would have on oil demand helped to push the price of crude to $59.33 US a barrel, while a firmer U.S. dollar pressured gold and base metals prices.

The benchmark index's energy sector fell 4.5 per cent, and the materials group dropped 4.9 per cent.

Heavily-weighted stocks that helped pull the index lower included EnCana Corp, down 3.5 per cent at $56.94, Canadian Natural Resources, which sank seven per cent to $53.46, and Manulife Financial, which dropped 3.4 per cent to $25.75.

Barrick Gold Corp fell 4.9 per cent to $28.48, while Goldcorp dropped 6.3 per cent to $25.81.

"It's weaker demand anticipated from developing countries and Europe and the States, and that's going to have a negative affect on commodities in general," said Steve Ibel, institutional equities trader at Beacon Securities, in Halifax, N.S.

The S&P/TSX composite index was down 264.80 points, or 2.73 per cent, at 9,424.00, with all but one of its 10 main sectors in negative territory. The consumer staples group eked out a 0.2 per cent gain.

REUTERS

Spain **Protest against Nissan cuts**

ALBERT GEA/REUTERS

Nissan workers march during a demonstration against job cuts in Barcelona, Spain, yesterday. Japanese car maker Nissan said last month it will cut over a thousand jobs at its factory in Barcelona due to weak demand. The banner held by the protesters reads, "No to 1680 job cuts at Nissan. Yes to a business plan."

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In brief

SLUMP Rona Inc., Canada's biggest home-improvement chain, reported a lower third-quarter profit yesterday due to a slump in construction and home renovation, and warned that it might not meet its profit targets. Rona shares unexpectedly shot up 4.93 per cent to close at $11.70 after a late surge on the Toronto Stock Exchange.

CONVERSION COSTS Profit at CI Financial Income Fund fell nearly 18 per cent in the third quarter due partly to costs to convert the company back into a corporation. Shares of CI fell 31 cents, or two per cent, to $15.45 yesterday on the TSX.

JOB CUTS Telecom gear vendor Nokia Siemens Networks said yesterday it would slash around 1,820 jobs, mostly in Finland and Germany, as it enters the last part of its two billion euro cost-cutting programme.

REUTERS

Profit dips six per cent at Power Corp
Power Corp of Canada said yesterday its quarterly profit fell six per cent as its key operating subsidiaries posted slightly weaker results. The Montreal-based holding company said net income was $332 million or 70 cents a diluted share, in the three months ended Sept. 30. REUTERS

Canucks buying fewer winter homes

As the key buying season for vacation homes in the United States gets underway, a dramatic drop in the value of the loonie has realtors worried Canadian buyers will be staying home for the winter.

"Last year there was a tremendous upswing, especially when the Canadian dollar was above par," said Rob Mackett, a Canadian who is a broker in Naples, Fla.

"But you're certainly not seeing as much interest now."

According to a recent study by the U.S.-based National Association of Realtors, Canadians were the top foreign purchasers of American properties from May 2007 to May 2008, doubling up from the year before and accounting for almost a quarter, or 23.6 per cent, of all non-American buyers.

Phoenix, Ariz., realtor Mark Darnell said his phone "literally stopped ringing" in October as Canadians quit calling. He estimates that Canadians made up nearly half his business this year.

TORSTAR NEWS SERVICE

Borealis gets votes for takeover

TERANET Borealis Infrastructure Management said yesterday its $1.5 billion offer to take over Teranet Income Fund was successful, with a majority of unit holders of the Canadian land registry operator accepting its lowered bid.

Preliminary data showed 87 per cent of Teranet's unit holders, representing 131.9 million trust units and 2.8 million Class B LP units, were in favour of the offer from Borealis, the investment arm of the Ontario Municipal Employees Retirement System pension fund.

Teranet

- Teranet collects a fee every time a home in Canada's most populous province changes hands or is registered.

"We are pleased with the strong show of support for our offer from Teranet's unit holders" said Michael Rolland, chief executive of Borealis Infrastructure in a statement.

Borealis cut its initial takeover offer for Teranet nearly seven per cent to $10.25 per unit, citing market conditions and the rising cost of capital. The $1.5 billion price tag excludes debt.

The trust, which was spun off by the Ontario government in 2003, was coveted for its steady cash flow. A large portion of its revenue comes from exclusive rights to access Ontario's electronic land registry, which it holds until 2017. REUTERS

Mexico to adopt accounting rules

STANDARDS Mexico companies that issue securities will have to adopt international accounting standards by 2012, the government said yesterday.

Using International Financial Reporting Standards will bring Mexican firms under the same accounting rules used by firms in Europe and other regions. REUTERS

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Russian potash miner faces renewed probe of mine accident

SHARES A renewed probe of a two-year-old accident at potash miner Uralkali has landed a fresh blow on fragile confidence in Russian stocks and raised fears of a state asset grab, analysts and fund managers said yesterday.

"This is an opportunistic move to gain a foothold in that industry or take some assets."
Chris Weafer

London-listed shares in Uralkali have fallen more than 70 per cent since Friday when officials ordered Russia's mining safety watchdog to re-open the probe.

Uralkali said on Monday its future could be in doubt if the government forces it to pay full damages for a 2006 mine flood for which it had earlier been cleared of blame.

"This is an opportunistic move to gain a foothold in that industry or take some assets," Uralsib strategist Chris Weafer. REUTERS

Canadian Natural ready for downturn

OIL The energy-industry downturn could last another year, providing Canadian Natural Resources Ltd with acquisition opportunities, Murray Edwards, the company's vice-chairman, said yesterday.

Canadian Natural, the country's second-largest independent oil company, has entered the meltdown in energy and credit markets with a strong balance sheet, which will give it the financial muscle to make strategic buys, Edwards said.

Cuts

- Canadian Natural has hunkered down by cutting spending and hedging up to 50 per cent of its oil and gas production through the next 12 months and 25 per cent in the following year.

"As we move into 2009, there will be opportunities to acquire others who don't have the same flexibility and balance sheet, don't have the same undrawn bank lines, don't have the same ability to access credit markets," the billionaire investor told a company-sponsored investor conference.

The company's executives said they do not have a size of takeover or region in mind, only that the assets must fit with the its expertise and offer free cash flow.

Last week, Canadian Natural — now starting up the $9.7 billion Horizon oil sands project — said it will slash its spending by 47 per cent in 2009 to $4 billion.

The move is aimed at helping it weather weak crude prices and shaky financial markets, but the company said it has the ability to ramp spending up quickly should markets rebound.

Edwards said he sees no quick end to the downturn that has cut oil prices to below $60 a barrel from more than $147 in July.

"I think you're looking at a year-plus," he told reporters.

The crisis, which began last year in the U.S. mortgage market, is only now spilling over from the credit and financial industries into other sectors of the economy, Edwards said.

REUTERS

B.C. professors dispute World Trade University
The Confederation of University Faculty Associations of B.C. is urging the provincial government to rescind special legislation passed three years ago to give World Trade University degree-granting status. METRO NEWS SERVICES

Workology

Veggie friendly

Sixteen Canadian universities have been nominated in peta2's annual Most Vegetarian-Friendly Colleges competition. The schools will compete in four rounds of voting before reaching the finals. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Here thar be monsters

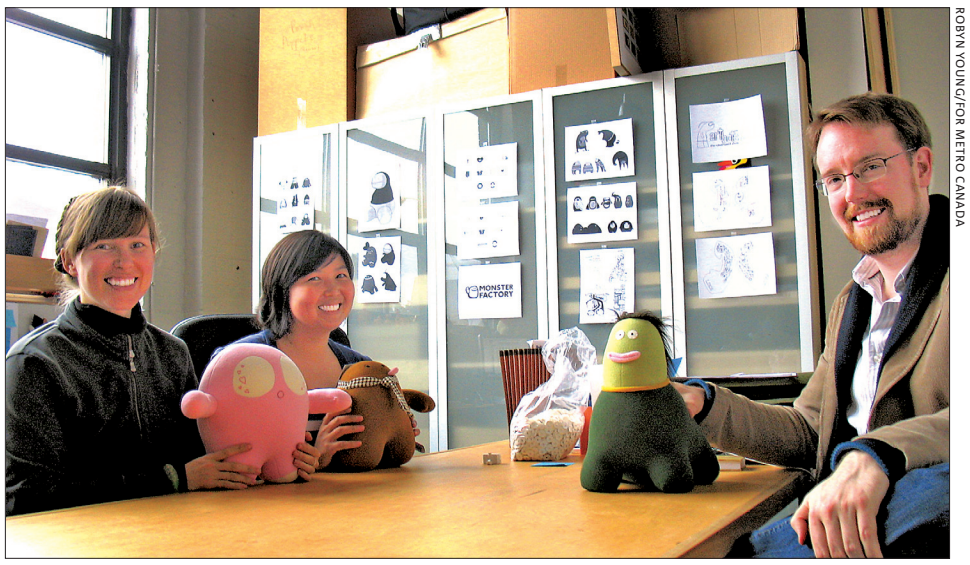
ROBYN YOUNG
for Metro Canada

Who wouldn't want a plush, green monster named Colin who divides his time between playing video games and fretting over the future?

That's what friends Adam Dunn, 31, Bliss Man, 28, and Rhya Tamasauskas, 30, were betting on when they started up their company the Monster Factory five years ago.

They began with a love of monsters, a vision, and six squishy little prototypes.

Now, 85 monsters later, they're in the midst of developing a business plan to outsource manufacturing to China, where a friend will oversee production, in order to increase sales and start making a profit.



ROBYN YOUNG/FOR METRO CANADA

Rhya Tamasauskas, left, Bliss Man and Adam Dunn show off their monster creations.

It all began with Dunn who was attending the Ontario College of Art and Design film school and formed a production company that he called Monster Factory. Just for fun, he decided to try making some plush monster mascots and called on his friend Man, a fashion school student, to help with design.

Tamasauskas, a fellow art student and friend of Dunn's, had an interest in monsters and soft sculpture and joined the pair.

Their first ever "family" of critters was born in 2003 and dozens of them sold at Toronto's One of a Kind Craft Show that year.

"We were cleaned out and we didn't sleep for 11 days," said Man. "That's when we knew we had something really special."

Each year the "partners" — which is how they like to refer to themselves — have dreamt up 16 new monsters to add to their collection.

They sell their quirky creations directly from their studio, online at monsterfactory.net and at toy exhibitions around the world.

The most challenging part of the job, they all agreed, is coming up with new characters every year but they have a process.

Someone comes up with an idea, all three develop the design of their new friend, and when the prototype is complete, they decide on a name and give the monster a personality.

Gordon, for instance, is a burly green guy covered in facial hair who, incidentally, loves to play tennis.

"For someone his size, Gordon is surprisingly nimble on the tennis court," reads his online description.

His wife, Sally, on the other hand, just as burly but not quite as active, has taken up meditation in order to curb her constant fidgeting.

Top: Colin, who divides his time between playing video games and fretting about his future. Below: Sally, who in an effort to curb her constant fidgeting has taken up meditation ... BOR-ING.

"The three of us all have really big imaginations," said Tamasauskas.

The stuffed toys are becoming more and more popular in Europe and Asia; and in Canada the Monster Factory has its own dedicated fan base that keeps it going despite the fact, they said, marketing always comes last on the list of priorities.

The three are so focused on creating their little friends, they almost forget about the business side of things.

"But we're getting better," Tamasauskas said, proudly pointing out they recently sent out an e-mail invite for a studio sale two weeks before the event.

WHY CMA?

Gerald Chang
Manager, Corporate Development
Sauder Moulding and Millwork

Earning the distinction of being the youngest Manager in his company's 80 year history, Gerald Chang's experience spans from being a Financial Analyst, to a Business Development Manager for a Beijing consulting company to his current position as Manager, Corporate Development with Sauder Moulding and Millwork. Gerald began the **CMA Program** in September 2007.

"Thanks in large part to my experience and my current training in the CMA Program, I recently accepted a promotion and will be using a lot of what I learn as a CMA to enhance our company's leadership development and overall corporate strategy."
"I chose CMA because I wanted to differentiate myself by obtaining the designation that provides the best mix of strategy, leadership and accounting."

CMA Certified Management Accountants
cmabc.com

For more information on the CMA Program contact
Jameel Dawood: 604-687-5891 or Jameel@cmabc.com.

INFO NIGHT

Attend our **Info Night** and get the latest information about these career programs:

- Certified General Accountant (CGA)
- Certified Financial Adviser/Planner
- Certified Immigration Consultant
- Human Resources Professional

Wednesday November 19th 2008
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Court allows UBC-O student to deny pro-life group club status

A B.C. Supreme Court ruling supports the University of British Columbia — Okanagan's student union's decision to remove a pro-life group's club status. The union has not supported Students for Life since 2006 because the group would not grant a request to not post graphic campaign material. METRO NEWS SERVICES

Working after dismissal

WorkplaceLaw

"OPPORTUNITY IS MISSED BY MOST PEOPLE BECAUSE IT IS DRESSED IN OVERALLS AND LOOKS LIKE WORK."
–THOMAS A. EDISON

When your former employer calls, you should probably pick up, Metro's columnist says.

How do you beat your ex-employer in court but ultimately collect little or no damages? Just ask Michael Davies. He succeeded in proving that he was constructively dismissed but failed to show that he acted reasonably by choosing not to return to the workplace that fired him. In the ever-changing world of employment law, returning after you have been fired may sometimes be required.

When Richmond, B.C.-based Fraser Collection Services Limited experienced a slowdown in work, Davies, a 63 year-old debt collector, was approached by Fraser's president and told that he would be placed on a temporary layoff. During Davies' exit meeting, he was told that Fraser hoped to recall him back to work, on a long-term basis, as soon as the company regained financial stability and he was invited to remain in touch with the company during the layoff to discuss his potential to return to work.

Being placed on a temporary layoff did not sit well with Davies. Feeling that he had been "financially stranded" and "dumped," he did not want to wait around for Fraser to pick and then choose when he could work. Approximately two months later, Davies was called back to work, but he ignored the offer and sued the company instead.

Davies sued for damages, alleging that his layoff amounted to a dismissal. Relying on the legal doctrine of constructive dismissal, Davies was able to successfully argue that because his employment contract did not expressly or implicitly allow for temporary layoffs, he was in fact terminated and entitled to damages instead.

Now that Davies had obtained the right to damages stemming from dismissal, he had also inherited the duty to mitigate those damages. The obligation to mitigate requires dismissed employees to take reasonable steps to limit their losses. Usually, this requires ex-employees to look for other work. If an employee doesn't do so, a court may reduce the damages that were otherwise owed.

Until recently, it was generally proper for an employee to reject returning to the workplace that fired him. However, that all changed when the Supreme Court found that unless there are conditions such as humiliation, embarrassment or hostility, employees would be expected to return to their jobs. In this case, because he had refused Fraser's offer, it was able to show that a comparable job was open for Davies to accept but that he had declined it.

Although Davies had made out his claim for wrongful dismissal, the court ultimately reduced his damages by 80 per cent for refusing to return to work. Some advice:

- Where an employer offers its former employees a bona-fide chance to return to work, the employees may be required to accept.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@canadaemploymentlawyer.com.

Methodica Acting Studio
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starts - January 05/2009

Women recognized for work-life balance

The American Society of Women Accountants Educational Foundation honours companies on the national, regional and local levels and individuals across the country for their commitment to work/life balance.

The prestigious Balance Awards presented recently highlight the accomplishments of companies and individuals who successfully balance work and life.

This recognition sponsored by Accountemps and Robert Half Finance & Accounting, is conferred by a blue ribbon panel of judges and reflects a clear prioritization of both the value and the values that winning companies place on their chief asset … their people.

"The Balance Award recognizes excellence beyond the accounting spreadsheets," said the American Society of Women Accountants educational foundation chair, Denisa Jones. "These companies and individual winners are a testament to balancing workload and family lives. Each is vital to live a well-rounded life."

"Accountemps and Robert Half Finance & Accounting are proud sponsors of the Balance Awards. We are honoured to recognize the commitment to values demonstrated by these outstanding women and businesses," said DeLynn Senna, CPA, executive director of North American permanent placement services for Robert Half International.

The Balance Award catagories include company awards on a national, regional and local scale as well as individual awards for women of the year.

METRO NEWS SERVICES

Discover the freedom of a great career

It's a good feeling to land a great job. If you'd like to enhance your career prospects or train for a more senior position, check out B.C.'s No. 1 college.

Talk to us about your career options at one of these free information sessions:

Administrative Assistant
Thursday, Nov. 13, 4 p.m. – room 618

Employment and Educational Access for Women
Thursday, Nov. 13 and 20, 5 p.m. – room 423

Culinary Arts
Friday, Nov. 14 and 21, 9:30 a.m. – room 305C

Automotive Collision Repair Technician
Monday, Nov. 17 and 24, 10 a.m. – Collision Body Shop offered at our **Broadway campus**, 1155 East Broadway

TESOL
Tuesday, Nov. 25, noon – room 205B
Tuesday, Nov. 25, 4 p.m. – room 205B

All sessions, unless otherwise noted, are offered at our **Downtown campus**, 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

For more information visit **www.vcc.ca** or call our advising department at **604.443.8453**

Vancouver Community College

School of Arts and Sciences School of Music Centre for Transportation Trades
Centre for Continuing Studies Centre for Design School of Health Sciences
School of Instructor Education School of Language Studies School of Hospitality

As General Manager at Paterson Countertops, a family owned company, Jon Irwin's responsibilities cover almost all aspects of the business. Since September 2007, Jon has been enrolled in the **CMA Program.**

"I favoured the CMA designation specifically, as it brings accounting, management, and strategy together, three pillars of any successful business, and an invaluable skill set."

To find out how a CMA designation can benefit your career attend a CMA information session.

Register today as seating is limited. Call 604-687-5891.

November 13, 6:00 – 7:00 pm, Richmond, Room 2725 Kwantlen Polytechnic University, 8771 Lansdowne Road
November 13, 12:00 – 1:00 pm, Downtown Vancouver, CMA Office, Suite 1055 - 555 Burrard Street
November 18, 5:30 – 6:30 pm, Downtown Vancouver, Hyatt Regency Hotel, 655 Burrard Street, Constable Room

CMA Certified Management Accountants
cmabc.com

For more information on the CMA Program contact Jameel Dawood: 604-687-5891 or Jameel@cmabc.com.

U.K. schools worry Obama win may affect international recruitment

Barack Obama's win of the U.S. presidential election las week could affect British universities (and Canadian ones, as well) in recruiting foreign students. Obama's win would "without doubt" make the U.S. a more attractive destination for education. **METRO NEWS SERVICES**

Make this year debt free

Like most college and university students, one of the biggest challenges you'll face, aside from exams and term papers, is making sure your money lasts through the year.

The thought of setting up a budget may seem overwhelming but it's no worse than having to call your parents for more money. Money management is one of the most valuable skills you'll learn.

A budget is simply a plan to help you see what you are spending but it also lets you see in advance if you are going to hit a shortfall on your money requirements.

According to Kavita Joshi, director, Student Markets at RBC, "the key to setting up a budget is to try it for a week or a month. You'll be surprised how easy it is."

According to a new poll from RBC, an overwhelming majority (79 per cent) of students will budget their spending while in school. But the challenge is creating a budget that's realistic and practical.

To start, you'll need to track your spending. Joshi recommends organizing your expenses into two categories: fixed expenses such as rent, tuition — things you need to pay each month. Then make a list of flexible expenses, such as groceries and clothing — items you need but the costs can vary from month-to-month. Subtract the fixed expenses from your budget to determine how much money you have after your necessary expenses are paid. **NEWS CANADA**

NEWS CANADA PHOTO

According to a new poll from RBC, an overwhelming majority (79 per cent) of students will budget their spending while in school. But the challenge is creating a budget that's realistic and practical.

Money saving tips for students

- Overestimate your expenses when creating your yearly budget.
- Resist impulse buying when it comes to your meals.
- Buy used textbooks through your campus bookstore.
- Avoid service fees at generic ATMs like those in bars, restaurants or corner stores; use your own bank's ATM.
- Lower the number of monthly transactions on your bank account by asking for cash back when you make debit card purchases — this counts as one transaction not two.
- Track store specials and clip coupons of your favourite products. Stock up on items you need when they go on sale.

NEWS CANADA

COSTCO WHOLESALE

We will be accepting applications and resumes for all seasonal positions on Wednesday, Nov. 19, 2008 at the main entrance from 8 a.m. until 9:30 a.m.

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- Business or Office Admin / Accounting & Payroll
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3 - 1855 Burrard St.
3343 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

Aldergrove
310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
7531 Market Crossing
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

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Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

New Westminster
Royal City Centre

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
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Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

North Vancouver
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1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Port Moody
202 Newport Dr.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
2404 King George Hwy.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.

St. Pierre to fight The Prodigy

Canadian Georges St. Pierre will defend his UFC welterweight championship against lightweight champion B.J. (The Prodigy) Penn at UFC 94 on Jan. 31 in Las Vegas, the UFC confirmed yesterday. **METRO NEWS SERVICES**

Sports

Lincecum takes NL Cy Young

The San Francisco Giants' Tim Lincecum won the National League Cy Young Award by a comfortable margin yesterday, taking home pitching's highest honour in only his second major league season. The 24-year-old right-hander was 18-5 with a 2.62 ERA and a major league-best 265 strikeouts in 2008.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

SCOREBOARD

NHL

LAST NIGHT'S RESULTS

Montreal 4 Ottawa 0
Philadelphia 3 N.Y. Islanders 1
Pittsburgh 7 Detroit 6 (OT)
Calgary 4 Toronto 3
Los Angeles 3 Dallas 2 (SO)
Nashville 4 San Jose 3

TONIGHT'S GAMES

St. Louis at Buffalo
N.Y. Rangers at New Jersey
Washington at Carolina
Phoenix at Columbus
Tampa Bay at Florida
Boston at Chicago
Colorado at **VANCOUVER**

TOMORROW'S GAMES

Toronto at Edmonton
Montreal at Boston
N.Y. Islanders at Ottawa
Philadelphia at Pittsburgh
Detroit at Tampa Bay
Phoenix at Minnesota
Los Angeles at Dallas
Calgary at San Jose

NBA

LAST NIGHT'S RESULTS

Atlanta 113 Chicago 108
Cleveland 99 Milwaukee 93
Denver 88 Charlotte 80
L.A. Lakers 106 Dallas 99
San Antonio 92 New York 80
Utah 93 Philadelphia 80
Detroit 100 Sacramento 92
Golden State 113 Minnesota 110

Sports in brief

GIANTS LOSE Chilliwack goalie Mark Friesen stopped 41 shots yesterday as the Bruins beat Vancouver 3-2 yesterday afternoon. The loss was the first for the Giants in regulation time this season. Vancouver now stands at 14-1-0-3.

METRO NEWS SERVICES

A night of hat tricks

NHL RECAP

Senators 0 Canadiens 4

VS

Christopher Higgins recorded his first career hat trick and Carey Price was perfect between the pipes as Montreal had its way with Ottawa in a 4-0 decision at the Bell Centre.

Price logged 28 saves for his first shutout of the year and fourth of his career, while Guillaume Latendresse registered the other goal for the Canadiens, who were coming off back-to-back losses for the first time this season.

Higgins recorded a shorthanded tally 7:22 into the opening period, as he broke free from the left side and beat Auld one-on-one with a wrister.

The game remained 1-0 through most of the second before Montreal scored two goals in 1:28.

Sergei Kostitsyn corralled a rebound from the right slot and fed Higgins on the opposite side for the relatively easy stuff past an off-balanced Auld with 5:49 to go in the frame. Less than a minute and a half later, Latendresse's quick shot off a faceoff from the left circle caught Auld by surprise as the disk sailed over the goaltender's left shoulder.

REUTERS/SHAUN BEST

Christopher Higgins scores one of his three goals on Alex Auld during the first period last night.

PENGUINS 7, WINGS 6 (OT)

Jordan Staal used a natural hat trick to ignite a Pittsburgh rally in the third period and then set up Ruslan Fedotenko's goal 3:49 into overtime, as the Penguins overcame a three-goal deficit and captured a dramatic 7-6 victory over the Detroit Red Wings in a rematch of last season's Stanley Cup Finals at Joe Louis Arena.

The Penguins trailed 5-2 in the third period, but Staal scored three goals in the stanza, including the game-tying tally with 23 seconds remaining, to help the Penguins to their fourth consecutive victory. Sidney Crosby, Evgeni Malkin and Maxime Talbot also scored for the Penguins, who will open a three-game homestand tomorrow against Philadelphia.

Marc-Andre Fleury finished with 28 saves in the win.

FLAMES 4 MAPLE LEAFS 3

Dustin Boyd scored twice to lead the Calgary Flames to a 4-3 win over the Toronto Maple Leafs at the Saddledome.

Jarome Iginla scored his 10th goal of the season and added a pair of assists while Dion Phaneuf tallied a goal and an assist for the Flames, who halted a two-game skid. Miikka Kiprusoff made 29 saves in the victory.

Alexei Ponikarovsky and Nik Antropov scored for Toronto, which fell to 2-3-1 in November. The Maple Leafs will continue their three-game road trip across Canada with a visit to Edmonton tomorrow. Vesa Toskala allowed four goals on 32 shots in the loss.

METRO NEWS SERVICES

Hargreaves done for season

SOCCER Manchester United and England midfielder Owen Hargreaves has been ruled out for the rest of the season because of a knee injury, the Premier League champions said yesterday. The Calgary-born

Hargreaves

Hargreaves underwent successful surgery on his right knee and will have surgery on his left knee in two weeks' time after being troubled by tendinitis since arriving at Old Trafford in July 2007. The 27-year-old former Bayern Munich player has started just two matches this season. He began less than half of last term's games, but did play in United's Champions League final win over Chelsea.

REUTERS

Sports in brief

THREE STARS Canucks Captain, Roberto Luongo was named the NHL's first star for the week ending Sunday, Nov. 9. Steve Mason of Columbus and Brent Johnson of Washington were the second and third stars.

METRO NEWS SERVICES

Avalanche in town as Luongo tries to break his own record

NHL PREVIEW

Tonight

VS

7 p.m.
TV: TSN
Radio: TEAM 1040

THE SKINNY: The Avalanche and Canucks face-off for the first time this season as teams at opposite ends of the spectrum of late. Colorado has been outscored 21-9 in losing five of its last six games, while Vancouver holds a 19-9 edge in scoring en route to winning five of its last six. However, both clubs are coming off shutout victories and have been idle since Saturday.

LIKE A BROKEN RECORD: Roberto Luongo hasn't allowed a goal in more than three games and needs to keep the Avs off the board for less than 12 minutes after the drop of the puck in order to set a new franchise mark for longest shutout streak. He set the current record last November with 212 minutes and 12 seconds of shutout hockey.

MMMBOP: Expect to see Jannik Hansen tonight at GM Place as the rookie returns from a four-game absence due to a groin injury. Barring a setback at this morning's skate, Hansen will be reunited with Ryan Kesler and Alex Burrows.

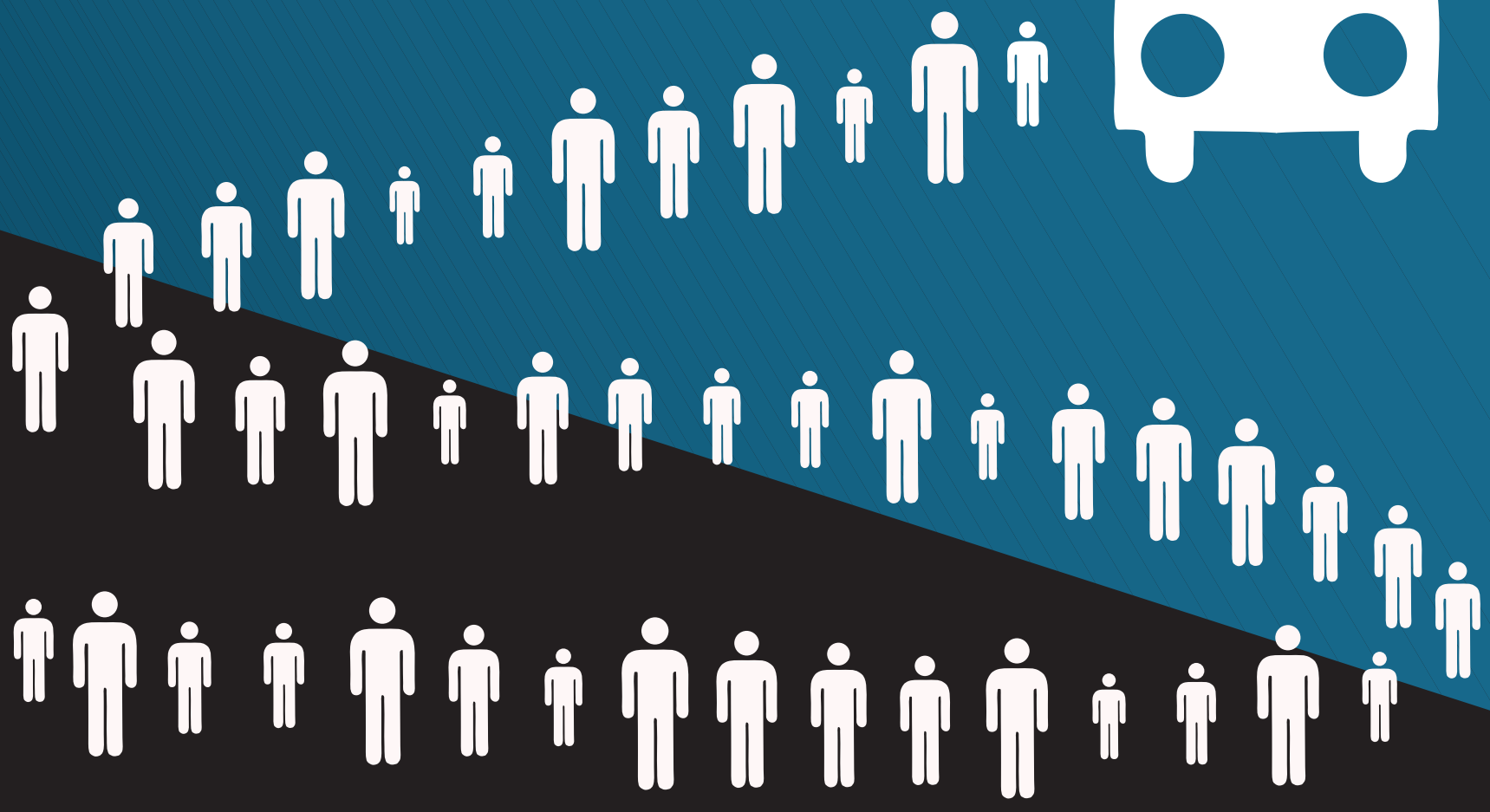
SAY IT AIN'T SO, JOE: A visit from the Avalanche usually means Burnaby native Joe Sakic is the player to watch, but back spasms have him home in Denver as his club begins a three-game swing through Western Canada.

STARGAZING: Even without Sakic, Colorado still packs plenty of scoring punch. Longtime Canuck killer Milan Hedjuk headlines a dangerous group of forwards that includes Paul Stastny and Ryan Smyth.

SCOTT RINTOUL/ METRO VANCOUVER

Morning commutes shouldn't include 30-minute lineups.

This Municipal Election, vote for better transit.



November 15,

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sfss.ca/vote

Parker may play

Pittsburgh Steelers running back Willie Parker will return to practice today, and coach Mike Tomlin is optimistic Parker will play Sunday against the San Diego Chargers. Parker has played only once since spraining his knee Sept. 21 in Philadelphia. METRO NEWS SERVICES

Benevides shovelling off to T.O.?

YorkReport

Marty York

marty.york@metronews.ca

A defensive co-ordinator who literally carries a shovel with him at team meetings in B.C. is a top candidate to become the new head coach of the Toronto Argonauts.

In fact, sources tell Metro that, if Michael (Pinball) Clemons rejects ownership's wish for him to leave the Argos' presidential office and return as head coach, Lions defensive co-ordinator Mike Benevides would be the club's leading choice. Benevides has served as an assistant coach in the CFL for the past nine seasons. This is his first season as the Lions' defensive co-ordinator and his unit has excelled, boasting seven divisional all-stars. The defence suffocated its opponents while upsetting the Roughriders at last Saturday's Western semi-final, and Saskatchewan quarterback Michael Bishop wound up being cut this week.

Should the Lions upset the Calgary Stampeders in the Western final this Saturday — B.C. is a six-point underdog — Benevides would become an even hotter commodity.

The Stamps, after all, feature an explosive offence, including the CFL's most productive running back (Joffrey Reynolds) and most productive receiver (Ken-Yon Rambo).

Benevides is a Toronto native, incidentally. He studied business at York University, as did Argos co-owner David Cynamon.

Benevides also is a workaholic, as he told interviewer Christie Buono (yes, the daughter of Lions head coach Wally Buono) at B.C.Lions.comTV.

He said he arrives at the Lions' headquarters daily at 3 a.m. and works till about 7 p.m.

Oh, and about the shovel. Sources say he keeps it handy to remind his players they need to keep digging. Call it a motivational tool, I guess.

"Pick your poison – lethal injection, firing squad or electrocution. You're dead either way."
Cameron Wake

• You were warned in this space Oct. 22 about the possibility of an all-Alberta Grey Cup in Montreal Nov. 23.

Well, Calgary and Edmonton need only to win their Saturday games from making this highly unlikely matchup a reality, although the Eskimos are six-point underdogs against the Alouettes for the Eastern final in Montreal.

And when the Esks last visited the Als, on Sept. 21, they were annihilated 40-4. And, oh yes, the Esks allowed six sacks.

Edmonton head coach Danny Maciocia is denying the Sept. 21 game took place. Call it a motivational tool, I guess.

• The Stamps swept B.C. in three games this season, averaging 35 points and 445 yards.

That, however, isn't preventing Lions sackmaster Cameron Wake from predicting a B.C. upset on Saturday.

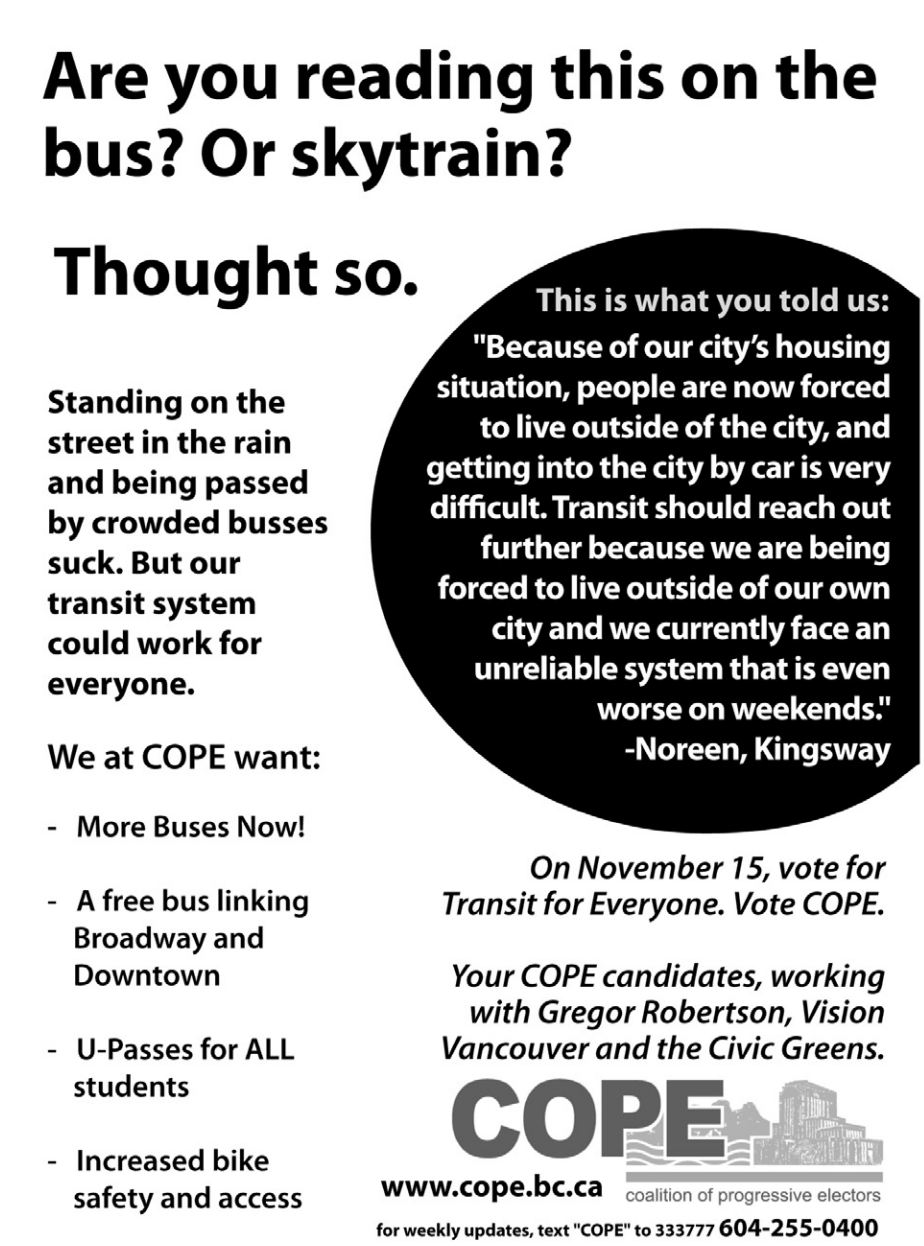
"We don't think nobody can stop us, that's how we feel," Wake said.

"It doesn't matter what you do and what scheme it is. Pick your poison — lethal injection, firing squad or electrocution. You're dead either way."

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Not a stretch

• A new University of Nevada study debunks traditional views about stretching, claiming certain stretches before exercising may actually reduce performance and safety instead of enhancing them. For details, visit rehabpub.com.



Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

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DBS: Licensed to thrill

Metro's global motoring editor lets it rip with Bond's new ride

EMMA E. FORREST
Metro World News

Emma E. Forrest test drives the Aston Martin DBS, the very same car driven by Daniel Craig in latest Bond movie Quantum of Solace.

Unfortunately there are no rocket launchers in the new James Bond car. The Aston Martin DBS that Bond drives in Quantum of Solace, (in Quantum Silver of course), doesn't even have a defibrillator hidden in the glovebox like the last model.

In fact, the nearest thing to a Bond gadget are the B&O speakers that emerge from the dash when you start the ignition. Even the Jaeger-LeCoultre watch that remotely turns on the lights and unlocks the car is available to all real-world DBS owners.

Still, you can live without an ejector seat when the car's this fabulous. Several stunt Astons were trashed during the chase sequences for Quantum, but this DBS is one of just three 'hero' cars that were kept intact.

To fire it up, you need to engage what Aston calls the 'emotion control unit.' Sounds pretentious but that's what you're doing — plug this stainless steel and sapphire starter fob into the dash and your heart jumps as it lets rip a mighty, throaty roar.

To remind you of your sophisticated choice of vehicle, 'beauty power soul' appears on the speedo as the engine starts to rumble.

And while the handcrafted interior complete with piano black leather and solid aluminum is alluring, really it's the engine that's the star here.

With its menacing face and athletic rear haunches, this elegant car looks both macho and sophisticated, and the performance is the same.

A gentle nudge and James Bond's car is launching me through the country roads around Aston's factory in central England and with the close gears, I'm eagerly testing the car's cornering, which of course is immaculate. This car might look and feel heavy, but it's agile, and in its sports mode, it stiffens up like an adrenaline-pumping panther ready to go in for the kill.

Which is basically what the car does on command. With acceleration like this it's easy to see why one of the Quantum of Solace stuntmen ended up taking off into Lake Garda in one of these cars.

You can't buy this car, of course, but you can own your own DBS if you want to drive like James Bond. Just don't forget that MI6 won't be picking up your bill if you dent it.

Aston Martin DBS

Price: from $293,400
0-100 kmph: 4.3 sec
Top speed: 307 km/h
Engine: 6 litre, V12
Fuel Consumption: 16.4 l/100 km

Top 3 Bond cars

Aston Martin DB5, Goldfinger, 1964
Features ejector seat, revolving license plates, slasher hubcaps, machines guns behind the headlights.

Lotus Esprit, The Spy Who Loved Me, 1977
Features missiles, torpedoes, underwater-driving mode.

Aston Martin V8 Volante, The Living Daylights, 1987
Takes on the Russians with missile launcher, rockets, hubcap-concealed laser and retractable tire spikes.

Read an interview with Sir Roger Moore on Bond cars at metronews.ca/vancouver/live/automotive

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A truck you can trust

The Toyota Tacoma may become your best friend

PHILIPPE CROWE
for Metro Canada

Toyota's Tacoma was given the nickname "Taco" by my colleagues shortly after arriving in our long-term fleet — a testament to how quickly Taco made friends. Like an easy-going buddy, a longtime comrade, it was always there, ready to help for any task at hand.

Our Tacoma was powered by a 4.0-litre, 24-valve, DOHC V6, with Variable Valve Timing with Intelligence (VVT-i) technology. Output sat at 236 hp at 5,200 rpm and 266 lb-ft of torque at 4,000 rpm, put to the ground through a five-speed automatic gearbox and a robust four-wheel drive system. In a traditional fashion, this 4WD setup offered the selection of 2-HI, 4-HI and 4-LOW electronically at the flick of a switch.

In a previous review, staffer Bradley Horn noted: "There's more than enough grunt here, though we're anxious to see how our Toyota performs with a loaded cargo box."

It performed.

Renovating a house between the middle of April and the end of May allowed me to put this strong hauler to the test. Aside from towing, the Tacoma saw all the uses one expects of a machine with a cargo bed in back.

The Taco's V6 has the power needed to more than adequately carry out any of our staff's tasks, with the added benefit of requiring far less fuel than V8-powered competitors.

PHILIPPE CROWE/FOR METRO CANADA

Like an easy-going buddy, a longtime comrade, the Toyota Tacoma is always there, ready to help for any task at hand.

Parking this long truck was a lot easier than one might think, helped equally by the great view out the back, the Toyota's narrow design, and, most importantly, the wonderfully tight turning radius.

We sang the praise of the interior at length in previous instalments. Lots of useful cubbyholes, wonderful seats and a build quality that has all of us convinced this will not be a rattle trap after a few years of ownership — be they tough years or not.

Toyota's midsize Tacoma pickup design has existed and been improved on continuously for decades and it shows in the near perfection of this generation's execution. But a few details were lacking in our truck, which could easily be improved upon. Really, these are little nitpicks, but the sliding rear window would benefit from an electric mechanism so the driver can open and close it while driving. As mentioned in our last instalment, a pair of D-shaped hooks by the cab end of the box, mirroring the ones close to the tailgate, would be very useful; the black material for the top of the door panel should be more nick-resistant, and finally, an even bigger gas tank — as an option if needed — would be a big plus. The standard 80-litre one is suitable, but an extra 20 litres or more would have been welcomed for long distance cruising.

Our mix of city and highway driving produced overall fuel economy numbers averaging between 13.2 and 14.5 L/100 km. Our final consumption figure over the 11,998 kilometres we put on the Tacoma (it came to us with 1,012 km on the odo) averaged 13.8 L/100 km.

Will we miss it? I do already. The Tacoma's combination of overall practicality and ease of use, as well as the comfort of the cabin makes this a great all-around vehicle. You just need that myriad of practical uses we found for the pickup to justify its slightly higher fuel expenses.

2008 Toyota Tacoma

Type: Truck
Price: $40,470
Engine: 4.0-litre, 24-valve DOHC V6
HP: 236

Highlights

- Practical
- Quality interior
- Great visibility

Green's in fashion with couture cars

EMMA E. FORREST
Metro World News

When fashion brands get involved with cars, it's usually limited to natty trim or logos, but one French fashion house has actually started making them.

Andre and Coqueline Courreges invented the space-age look of the 1960s, with their white PVC boots and a-line mini dresses. But they've always designed more than clothes as their new book Courreges testifies, creating furniture, Olympics uniforms, and cars.

Courreges' first prototype was a one-seater electric car, sent down the runway with their 1969 collection as an ecological comment.

In 2002, Coqueline, horrified by the car industry's failure to address the urgency of climate change, set about showing how easy is is to develop a practical green car. "Car manufacturers need a kick in the butt," she says, when I hitch a ride with her in Paris. "We urgently need to put the brakes on consumption."

Coqueline built the white bubble-shaped Bulle, an EV with a range of 170 km and top speed of 110 km/h, then tried different batteries in her next two prototypes, the EXE and Zooop, each lighter and more energy-efficient than the last.

Coqueline Courreges

EVs have a reputation for looking lame and driving like golf carts, but these cars combine stunning design and high speed.

Pedestrians gasp as the blue-framed lithium ion battery-powered EXE fires straight to 90 km/h, just half way to its top speed. The rear-wheel drive yellow egg-shaped Zooop is even more powerful, reaching 180 km/h, earning it a prize for performance at Michelin's annual sustainable mobility event, Challenge Bibendum. You could overtake a transport truck on the motorway in this, and it also has a range of 450 km.

They're the dream cars for the city — big enough for three, fast but efficient, and totally cool.

Coqueline is now exploring new technologies. She is revealling two new prototypes in January and plans to use solar power within the next five years.

ELGANTINE AUBRY/FOR METRO WORLD NEWS

"After everything we've used, what is there left of the Earth?" says fashion designer Coqueline Courreges, who plans to bypass biofuel, gas and hydrogen and use solar power.

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New vision for the Ford Focus

LORNE DRURY
for Metro Canada

Ford has recently announced a new vision for the company, with an emphasis on smaller vehicles as the large car/SUV market is drying up as quickly as gas prices have risen. This has been particularly true south of the border.

Ford's bread and butter models over the years have been the F-150 pickup and the Explorer sport utility. Now, sales of those two vehicles have taken a nose dive and the focus, pardon the pun, is now firmly on the one small car on the Ford menu, the Focus compact.

Redesigned for 2008, the Focus has been selling quite briskly of late. In fact, sales of the Focus were up 19 per cent in Canada during the month of June.

While not totally new for 2008, the Focus has undergone a major refresh and a reduction in body styles available. Gone are the three- and five-door hatchbacks and the Focus wagon, leaving just a two-door coupe and four-door sedan.

The 2008 Ford Focus marks the second generation of a car that debuted in 1999 and captured both North American and Canadian Car of the Year honours in 2000.

Ford has hoped for big things from this 2008 model, much like when the Focus first hit the market in 1999. It was named both North American and Canadian Car of the Year.

Since then, the Focus has been mostly an afterthought for buyers who have flocked to the Honda Civic, Toyota Corolla and the Mazda3.

Among the changes to the Focus is a bolder exterior look. When compared with many of its competitors in the compact class, however, it still falls short in the looks department. Even cars from the Ford family like the Mazda3 have a much more exciting exterior appeal.

That said, in many ways the new Focus is much improved over the past model. The interior is roomy, comfortable and relatively quiet. New style seats and instrument panel add an updated look to the cabin as does the ice blue lighting on the instrument cluster, centre console, steering wheel and door lock and window switches.

However, the biggest innovation for 2008 has to be the Sync system, developed by Microsoft and exclusive to Ford.

2008 Ford Focus

Type: Four-door sedan/ two-door coupe
Price: $15,999, as tested $25,914
Engine: 2.0L DOHC inline four-cylinder
HP: 140

Highlights

- Fuel efficient
- Bolder design
- More spacious inside

It is a fully integrated, voice-activated communications and entertainment system for mobile phones and digital music players. With it, users can operate their cellphone or music player using either voice commands or the vehicle's steering wheel or radio controls.

The Focus comes in three trim levels for 2008 — S, SE and SES.

Power for the Focus comes from a 140-hp 2.0-litre Duratec DOHC inline four-cylinder engine. Power is up marginally thanks to a new air intake system and cooling system, both of which improve efficiency.

*Limited time lease offer on approved credit available through Volkswagen Finance, a division of VW Credit Canada Inc. 48-month lease offer applies to new and in stock 2008 City Jetta / Jetta 2.5 with 5-speed manual transmission, base model with MSRP of $18,235/$23,310. Monthly payment is $237/$299 with $0 down payment or equivalent trade-in. $290/$350 security deposit, PPSA and first monthly payment due at lease inception. Total lease obligation of $11,376/$14,352. $0.12/km over 80,000 km charged at lease end. **Limited time finance offer available through Volkswagen Finance, a division of VW Credit Canada Inc., on approved credit. MSRP of $18,235/$23,310 for 2008 City Jetta / Jetta 2.5 base model with manual transmission financed at 0.9% APR for 36 months equals $476/$627 per month. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $236/$595 for a total obligation of $18,471/$23,905. Freight and PDI of $1,335 included. PPSA, license, insurance, registration, dealer charges, options and applicable taxes are extra. Dealer may sell for less. At participating Volkswagen dealerships only. Offer valid until November 30, 2008 and is subject to change or cancellation without notice. Supplies limited. See dealer for details. †Transport Canada fuel consumption figures are estimates only. Your fuel consumption may vary. ††$750 rebate for recent college or university graduates. Certain conditions apply. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "City Jetta" is a trademark of Volkswagen AG. © 2008 Volkswagen Canada.

Holiday travel

During these uncertain economic conditions, Canadians are still planning to travel this holiday season. According to the TD First Class Travel Visa Infinite Card Survey, of Canadians with upcoming travel plans, 41 per cent say that they will travel over the holidays. METRO NEWS SERVICES

Travel

Best beaches

Dr. Stephen P. Leatherman, a.k.a. Dr. Beach, named Caladesi Island State Park in Dunedin/ Clearwater, Fla., America's top beach of 2008. Hanalei Beach on Kauai, Hawaii, took the No. 2 spot, and Siesta Beach in Sarasota, Fla., came in at No. 3. METRO NEWS SERVICES

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Stargazing on The Big Island

Few earthly viewing venues can top Hawaii's Mauna Kea

DAWNA L. ROBERTSON
for Metro Canada

Sure, I can spot the Big Dipper. And while I love a full moon, nothing beats the promise of wishing on a shooting star. But those iconic nighttime wonders aside, my knowledge of a darkened sky is basic at best.

DAWNA L. ROBERTSON PHOTOS

A sunset shot of the summit of Mauna Kea on Hawaii's Big Island.

Determined to heighten my celestial sense, I knew few earthly viewing venues could top Mauna Kea on Hawaii's Big Island. So on a romp to the remarkably diverse island, I decided to shoot for Hawaii Forest & Trail's (HF&T) stargazing tour to this renowned astronomical observing site.

On a typical warm Big Island afternoon, our group of eager star-trekkers boarded a 12-passenger van at HF&T's Kona Coast headquarters. Interpretive naturalist Greg Brown had packed parkas and provisions for the eight-hour excursion. Not accustomed to lengthy transit, I had my concerns. They faded away, however, as our adventure began to unfold.

Mauna Kea is overwhelming. To observe the "white mountain" from sea level, one can only begin to grasp its size. Weaving toward the summit, I was consumed by this massive mound.

Well versed in Hawaiiana, Brown shared both fact and folklore on the dramatic evolution of our surroundings.

As we passed a pueo (native Hawaiian owl) perched in a dead mamane tree, he explained how ranching and grazing herds had transformed the area from forest into grassland.

Midway to the summit, we stopped at historic Humuula Station, an abandoned sheep outpost geared with a dining tent, tables and extremely clean porta potties.

It was cool and foggy at the Parker Ranch post — quite a contrast to coastal conditions earlier in the day. Aside from sustenance, the dinner stop also helped acclimatize us for our final ascent. With a hearty meal under our belts, we continued our star quest.

Near the 9,000-foot level, the van emerged from a thick fog into a brilliant blue sky. It was as if the heavens had opened up. We progressed toward the 13,500-foot elevation past volcanic cinder cones and patches of snow.

"Mauna Kea's summit rises above 40 per cent of

Read more on page 25 »

Where to stay

The bulk of The Big Island's accommodations are sprinkled along the sunny Kona Coast, with a roster of five-star Kohala Coast resorts crowning the list. Known for world-class accommodations, championship golf, upscale spas and beautiful Pacific waters, these offerings run north from the Kona International Airport toward the rolling hills of Waimea.

Here's a quick run-down on the island's "Gold Coast" offerings within each master-planned resort destination:

- Kaupulehu — Kona Village Resort, *konavillage.com*.
- Four Seasons Resort Hualalai, *fourseasons.com/hualalai*.
- Waikoloa Beach Resort — Hilton Waikoloa Village, *hiltonwaikoloavillage.com*.
- Waikoloa Beach Marriott Resort & Spa, *marriotthawaii.com*.
- Maui Lani Resort — Mauna Lani Bay Hotel & Bungalows, *maunalani.com*.
- The Fairmont Orchid Hawaii, *fairmont.com*.
- Mauna Kea Resort — Hapuna Beach Prince Hotel, *princeresortshawaii.com*.
- Mauna Kea Beach Hotel, *maunakeabeachhotel.com*.

DAWNA L. ROBERTSON/ FOR METRO CANADA

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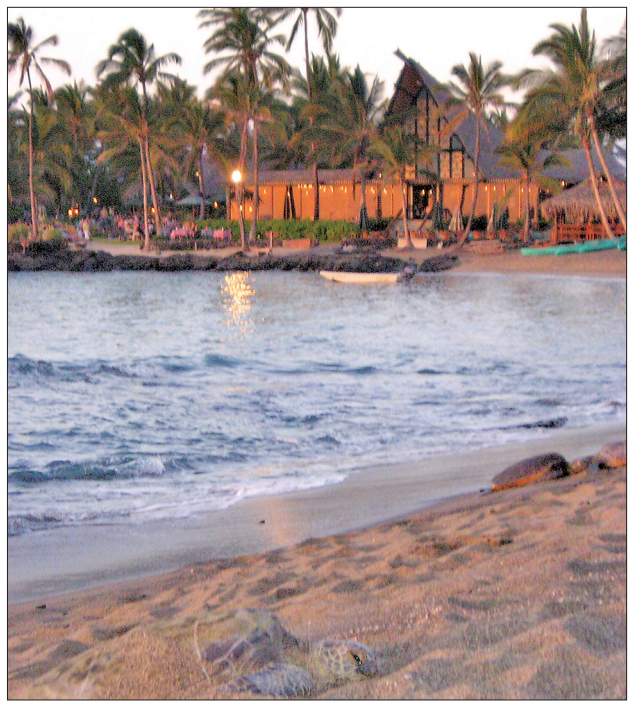
Staying flexible
The TD First Class Travel Visa Infinite Card Survey also found that the top way travellers are adjusting to economic uncertainty is to be flexible about their travel dates and destinations. METRO NEWS SERVICES



DAWNA L. ROBERTSON PHOTOS

Left, a couple of the telescopes at the summit of Mauna Kea shortly before sunset. Right, an evening shot of Kona Village Resort.

›› Continued from page 24

the Earth's atmosphere," Brown explained. "Plus it's far from city lights. Up here, you'll have optimal viewing of galaxies that stretch to the very edge of our observable universe."

As I exited the van with a wobbly step or two, I noticed that the elevation definitely had an impact. While that quickly passed, the temperature was another issue. Brown warned us that it had plummeted below freezing. So I zipped my parka and tightened the hood.

Standing at the summit was nothing short of amazing. We were nearly on top of the world, at the peak of the tallest mountain, from base to top, on Earth. And as daylight slowly slipped away, the journey grew more spectacular.

Brown recited the roster of observatories. "Those are the Keck twins and that's the Subaru Telescope." Eleven countries currently host 13 telescopes at the summit, some 31,000 feet above the ocean's floor in the world's most isolated area.

After a stunning sunset, we returned to the Onizuka Center For International Astronomy at the 9,200-foot level.

Here, Brown set up a pair of eight-inch Celestron Cassegrain telescopes for our star party.

He also used lasers to point out clusters and constellations. Warm in our parkas and with hot chocolate and macadamia nut cookies in hand, we "oohed" and "aahed" at the brilliance of Hawaii's night sky. Far beyond simply viewing the heavens, we were witnessing Earth's place in the cosmos.

After an hour or so, our group agreed that we were seeing things more clearly — connecting the dots, so to speak.

We were headed for home as the Southern Cross began to rise — just as Brown had promised. I counted my lucky stars I'd taken this trek.

The eight-hour, 12-person maximum Mauna Kea Summit & Stars Adventure is offered daily for $185 US plus tax, including picnic-style dinner, snack, hot beverages, hooded parka and gloves. Reservations are highly recommended at least one week in advance, as this tour consistently sells out.

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Best eats

Zagat Survey has released the 2009 Europe's Top Restaurants guide. The guide covers 1,639 of the Continent's best eateries in 27 cities from Amsterdam to Zurich, based on the experiences of 16,829 savvy diners. **METRO NEWS SERVICES**

Nassau: 3 days, 3 spas

Choose from an ocean-front Zen Garden, Bali-style luxury retreat or holistic spa with Bob Marley vibe

ANNE DIMON
for Metro Canada

The familiar melody of Bob Marley's best known tune, One Love, floats through a lovingly-groomed garden setting as I arrive at the Bahamas' newest resort and spa.

Opened in June, the 16-suite, oceanfront Marley Resort & Spa was once the family's vacation home, and it was the vision of Rita Marley, the late cultural icon's wife, to turn it into an upscale boutique resort complete with fine dining and an intimate spa called Natural Mystic — a name chosen from Marley's huge repertoire of songs.

The spa is small, with three treatment rooms, a wet area, outdoor lounge, locker room and a mani-pedi area, but it packs a big spa experience. I especially liked the couple's treatment room, with its own double bath, rain shower and private lounge, and the outdoor wet area — called Wata (the African word for "water") Passage — offering hot and cold plunge pools and semi-private Asian bath.

The vibe here is a fusion of African, Caribbean and Asian, with pretty much everything holistic and nature-inspired — including products made with natural ingredients. I had the Mocha Rum Wrap, and the therapist blended the ingredients — real Bahamian rum and all-natural local honey — right in front of me as I sat sipping a freshly-squeezed juice cocktail while more of Marley's feel-good music wafted through the air.

At the other end of the size scale, the luxurious Bali-inspired Mandara Spa at Atlantis offers 47 treatment areas at its two-level refuge from the mega resort's Vegas-meets-Disney environment.

Rich dark woods, comfortable furnishing, water features and a prevailing sense of calm provide the yin to the yang of the bustling Atlantis casino. From the spa's extensive menu of services I enjoyed the Lime and Ginger Body Scrub which turned out to be more of an impressively-administered full body treatment than a mere scrub.

For those looking for something extra special at Mandara, I'd recommend the Villa Bathing Rituals offered in a beautiful spa suite built for two, or the combination day packages with captivating names such as Cleito's Tropical Tryst and Poseidon's Awakening.

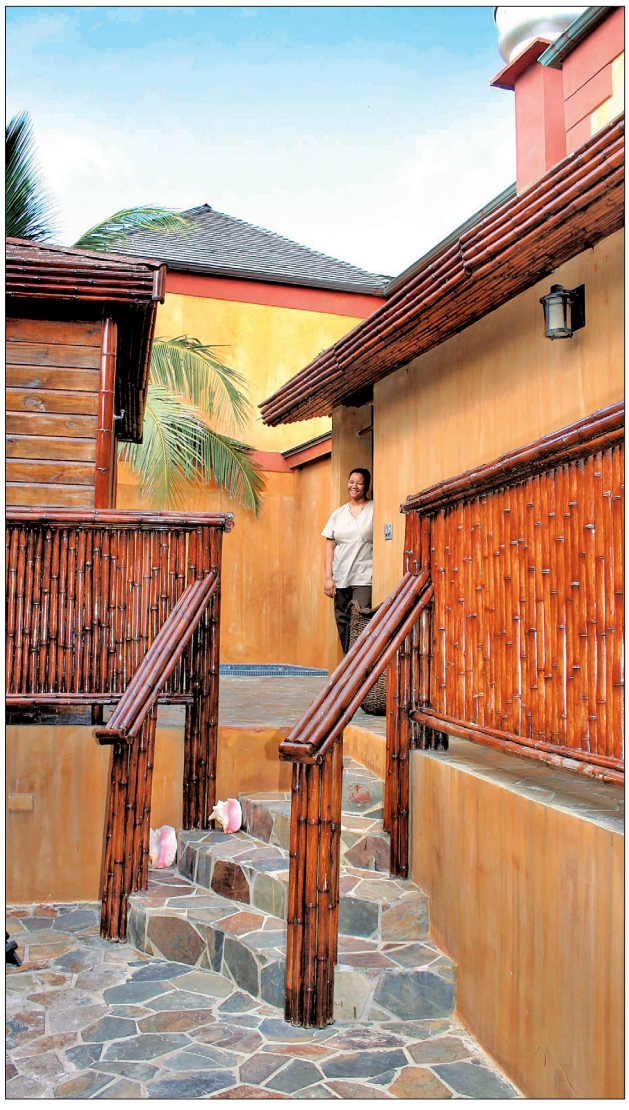
Somewhere in between the intimate and the grand is Red Lane Spa, the spa brand for Sandals Resorts. Shortly after settling into my butler-attended suite at the Sandals Royal Bahamian Spa Resort, I boarded the luxury resort's ferry to Sandals Key, a private island a mere three-minute cruise from the pier.

This is where guests will find Red Spa's Zen Garden, one of three spas at this "luxury included" resort. A collection of thatched huts serve as treatment rooms and relaxation areas, and the Zen Garden hugs one end of this tiny island. Away from the pool and dining area, it's a quiet space nothing more than the sound of the Atlantic Ocean massaging the island's sandy shores.

Anne Dimon is a spa and wellness travel writer. Visit traveltowellness.com.

On the web

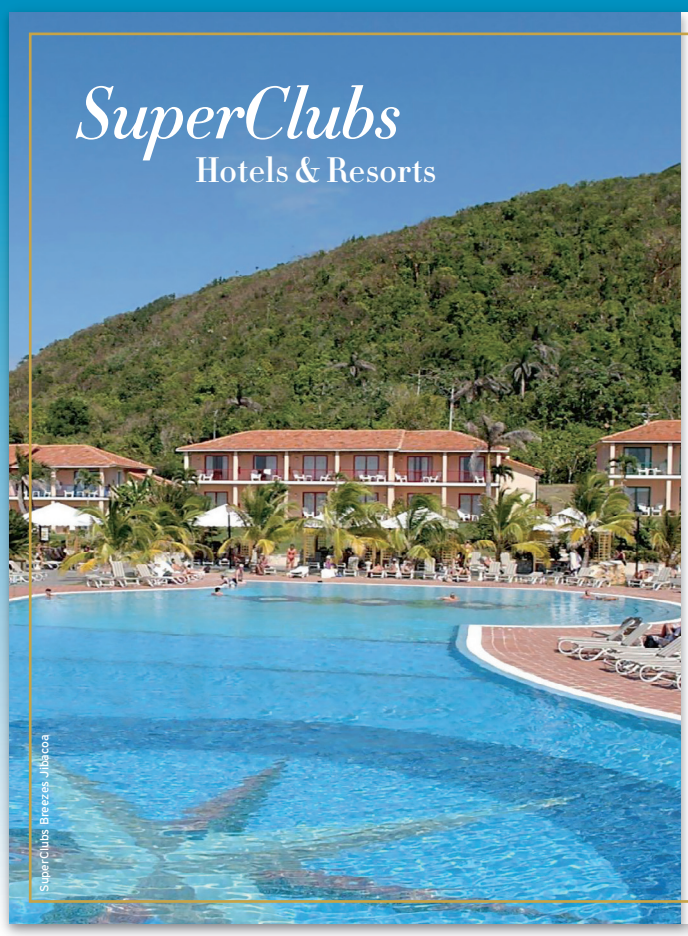
- *bahamas.com*
- Mandara Spa, *mandaraspa.com*
- Red Lane Spas, *sandals.com/redlane*
- Marley Resort & Spa, *marleyresort.com*



ANNE DIMON/FOR METRO CANADA

The Wata Passage at Marley Resort & Spa.

AIR CANADA VACATIONS



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Carbon-offset campaign
Newly tabulated results from a carbon-offset campaign conducted this year by Carlson Hotels Worldwide report that donations from members of Carlson's goldpoints plus frequent-guest program were sufficient to offset 340,436 pounds of carbon dioxide emissions. **METRO NEWS SERVICES**

The crown jewel of Belize's jungle

The**Travel**Junkie

juliadimon.com

Ruins tend to incite the imagination, conjuring up thoughts of ancient civilizations, lost secrets and mystic rituals. That's running through my mind as I stroll through the moss-covered ruins of a major Mayan city, located in the remote jungles of northern Belize near the tiny town of Orange Walk.

Lamanai, located on the banks of the New River Lagoon, goes down as one of the longest-occupied Mayan sites. It was inhabited for over 3,000 years and has some of the oldest ruins in Belize. The name itself means "submerged crocodile," in honour of the toothy reptiles that infest nearby waters.

JULIA DIMON/METRO CANADA

The High Temple is the tallest structure at the Lamanai site.

My guide tells me that, in its heyday, Lamanai was a ceremonial centre, with a population exceeding 35,000. Today it encompasses over 700 structures, a visitor's centre and a museum.

Only a small percentage of the site is fully excavated, leaving a wealth of archeological findings to discover.

While many associate Mayan ruins with Mexico, neighbouring Belize also played a big part in Mayan civilization. Visitors can visit Lamanai as part of a tour, which usually includes a boat trip, admission fee and a well-trained guide.

Wandering around the ruins, I can hear the faint cry of a Howler monkey growling in the distance. It's one of those unmistakable sounds — more like a pained, demonic snarl out of Dante's Inferno than the noise of a territorial primate hanging from a nearby tree. Nevertheless, it adds to the air of mystery.

With the entire place to myself, I visit the Jaguar Temple, a huge crumbling pyramid with intricate carvings. Then to the Mask Temple, named for the 13-foot limestone representation of an ancient Mayan king.

But it's the High Temple that's easily the most impressive structure, at 108 feet tall.

Climbing to the top of it, however, is harrowing. The steps are narrow and slippery, while the steep incline incites vertigo. I cling to a rope (strategically placed there so dumb tourists like me don't trip and kill themselves) and nervously make my way up this ancient stone Stairmaster.

"Slow and steady," I tell myself, as I huff and puff up the ruins. Tumbling down this flight of steps would be bad for business.

Once at the top, the view makes up for the climb. It's a 360 degree panorama of jungle and river lagoon.

As a colourful keel-billed toucan flies overhead and settles in a canopy of rainforest, it hits me — it's no wonder that the Mayans lived here for thousands of years. It's a stunning spot with a killer view, and it showcases the beauty of Belize.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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• Sand turns to snow at the heart of Morocco's High-Atlas mountain range, where you can enjoy freestyle skiing and snowboarding. At dusk, head back to Chez JuJu, a cosy chalet run by a French couple, for a dinner of aromatic homemade couscous (jujuoukaimden @caramail.com).
• Lifts/slopes: 7/20
• Day ski pass: approx $38
• How to get there: Oukaimeden is an easy day trip from Marrakech. A taxi ride to the resort should cost less than $45.
• Visit *amazingmorocco.co.uk/skiing*.

SKI DUBAI

• The Middle East's very first snow resort, at Dubai Emirates Mall in the United Arab Emirates, boasts a snow park, bobsleigh, ski and snowboarding runs. Snow at Ski Dubai is 100 per cent natural, created through a chemical-free water-cooling system.
• Lifts/slopes: 1/5
• Day ski pass: approx $90
• How to get there: The Ski Dubai Mall of the Emirates is located south of Dubai on the Sheikh Zayed Road.
• Visit *skidubai.com*.

LECHT SKI RESORT

• Don't expect perfect powder, but Scotland's premier ski resort in Eastern Cairngorms does get snow and is a great place to learn to ski. Wrap up the day with a dinner of haggis and a dram of whiskey.
• Lifts/slopes: 14/20
• Day ski pass: approx $45
• How to get there: Straddling the A939 on the famous Cockbridge to Tomintoul road, Lecht 2090 is easily reached from Speyside and Aviemore, Donside and Aberdeen, Royal Deeside and Perth.
• Visit *lecht.co.uk*.

METRO WORLD NEWS

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Canadian ski resorts bracing for a tough season

Canada's ski industry is bracing for one of its toughest seasons as the world economy melts down before the snow flies, giving skiers pause before dropping major coin on a winter vacation.

The part of the business expected be hit hardest is the overseas skier and snowboarder market, as skittish European and Asian consumers face falling net worth and the recent shutdown of some charter airlines, officials said.

"This will likely be one of the most challenging seasons in decades because of the overall economic conditions," said Andy Wirth, chief marketing officer at Intrawest ULC, which runs such big resorts as Whistler Blackcomb, Blue Mountain in Ontario and Mont Tremblant in Quebec.

"In Canada we have the same kind of challenge (as the U.S.) in terms of consumer confidence. So make no mistake, it's having an adverse impact on our business," he said.

Still, Intrawest does not fear deserted lift lines and empty mogul runs.

Nor do other operators, such as Resorts of the Canadian Rockies, whose holdings include the Fernie, B.C., Lake Louise, Alberta, and Mont-Sainte-Anne, Quebec, ski areas.

The industry — which enjoyed a bumper 2007-08 season — is banking on a few positive factors to attract tourists to the slopes, including a weaker Canadian dollar, lower gasoline prices and deals on air fares.

In addition, skiers are starting to get some Olympic fever in advance of the 2010 Vancouver Games, when Whistler will be host to alpine events, said Simon Hudson, tourism professor at the University of Calgary's Haskayne School of Business. That helps put Canada's ski destinations on the map.

REUTERS

Robbins to take action over vote
Tim Robbins is set to take legal action against New York officials after he was nearly denied a vote on U.S. election day, accusing them of publishing his address while trying to "cover" their mistakes. The actor says his name wasn't on the list of voters. **IMDB.COM**

Entertainment

Guest stars

The Hills stars Heidi Montag, left, and Spencer Pratt will guest star on an episode of the CBS sitcom How I Met Your Mother that will air in January. Both will film their segments this week. PEOPLE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Drive like Bond

Writer gets behind wheel of Aston Martin

rick.mcginnis@metronews.ca

There has been a James Bond car as long as there's been a James Bond. While it took three movies for 007 to get handed the keys to his tricked out Aston Martin DB5 with the machine guns and ejector seat, Ian Fleming had a scene in the very first Bond book, Casino Royale, that reads like a stirring treatment for a pulse-pounding movie car chase.

The most heartbreaking moment in the recent movie version of Casino Royale wasn't the death of Bond's true love, Vesper Lynd, but a scene where Bond's Aston Martin DBS V12, the latest successor to the DB5, goes ass over teakettle on a deserted road, flipping a record-breaking seven times before coming to a rest in a crumpled heap. I can't help but remember that scene now as I stare at a brand-new DBS sitting in the showroom at Grand Touring Automobiles, the first one I've ever seen in real life.

Dean Jordan has been selling Aston Martins for years, and recalls doing the auto show circuit the year after James Bond was reunited with Aston Martin when Pierce Brosnan got behind the wheel of a Volante and a Vanquish in Die Another Day. "All the kids know who you are — it's a very good way of advertising you as a company. As a product placement it's brilliant."

The DBS he shows me has been sold, but Dean lets me sit in it, and pops the crystal "key" into the ignition to show off the engine for a brief second, as the showroom fills with a growling animal roar. Like the other 6,500 Aston Martins produced a year, the DBS is completely handmade, a luxury auto built around a race car's guts, and it has the compact closeness of a real sports car, enveloping you in the driver's seat without making you feel cramped. The DBS I'm sitting in — just one of five Dean sells a year — will cost you $300,000 plus taxes, but it won't take car seats, so I tell him that's the deal breaker.

"As Bond hurtled round the bend, caressing the great car against the camber with an easy sway of body and hands, he was working out his plan of action when the distance between the two cars had narrowed still further." This is Bond pursuing Le Chiffre in Casino Royale, though he's not driving an Aston Martin but a Bentley; it's one of the little secrets of Fleming's Bond that his private car is more associated with chauffeured sedans than racing thoroughbreds, but the Bentley name, like Aston Martin, was once a hallmark of the British racing circuit.

Like the Aston Martin, the Bentley is a handmade car, loaded with luxury options, and probably a bit overpowered for most of its buyers. "A lot of the clients who drive them want to drive it because it's a Bentley," says John Koutoulakis, a Bentley salesman at Grand Touring.

If Bond were in the market for a runabout, he tells me, he'd be buying a GT Speed, the souped-up version of their marquee 2-door model.

We walk out onto the lot and he opens the door to a silvery white GT, telling me that he'll take the wheel for a few blocks, then let me drive it back. I'm probably blushing when I tell him that I don't have a license — I don't even know how to drive — and he tactfully conceals what I can only call a look of dismay. My quest to become Bond, hobbled as it was, ends in a final, resounding humiliation, but not before I let John open up the engine and lunge gracefully into traffic with me in the passenger seat.

PHOTO BY DEAN JORDAN

Metro writer Rick McGinnis behind the wheel of an Aston Martin DBS in the showroom at Grand Touring Automobiles in Toronto.

Obama daughters get Hannah invite

TV U.S. President-elect Barack Obama's two young daughters have been invited to appear on popular kids television show Hannah Montana, actor Billy Ray Cyrus said.

Cyrus, the father of Hannah Montana star Miley Cyrus and also an actor on the hit show, said the show had asked Malia, 10, and Sasha Obama, 7, to take part in an episode possibly around April. **REUTERS**

In brief

MOVIES Quantum of Solace, the 22nd installment in the James Bond saga, pulled in $107.1 million US from 58 overseas markets over the weekend, lifting the film to a total of $161 million. **REUTERS**

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Sopranos star innocent, says his dad

The father of former Sopranos actor Lillo Brancato Jr. should be cleared of the murder of a New York police officer because he wasn't carrying a gun when the officer was shot. IMDB.COM

Guide to the perfect kill, 007 style

Villains' fate inevitably doomed when they cross James Bond

BRIAN TOWIE
Metro Canada

Villains always meet their ignominious demise in the James Bond movie series, and their dooms are often followed by a witty quip by Britain's near-invincible superspy.

That said, here's a look at some of the most horrid — and amusing — bad guy deaths in the 007 franchise.

We don't mention them all, so return to your Bond collection and peruse these mirth-making murders.

And don't feel bad about laughing: They deserved it.

• **Boris Grishenko (Goldeneye):** This Russian computer expert gets his due for aiding the evil rogue agent Alec Trevelyan when he yells, "I am invincible!" shortly before being frozen solid by a leaking liquid nitrogen tank.

• **Oddjob and the Cuban assassin (Goldfinger):** Two great electrocutions in this film.

Before the opening credits, Bond dispatches a Cuban assassin by tossing him into a bathtub, then adding an electric lamp. 007 then quips, "Shocking."

During his climatic battle with Oddjob, Bond uses a live wire to channel a lethal current through Oddjob's razor-sharp bowler hat, and consequently Oddjob.

• **Hugo Drax (Moonraker):** Bond sends Drax, wounded by a poison dart, through a space station airlock and into the cosmos, saying, "Take a giant leap for mankind."

• **Milton Krest (Licence To Kill):** Slimy henchman Krest has a falling out with Sanchez, his druglord boss. Sanchez traps Krest in a high-pressure chamber, where his head inflates and explodes all over a pile of stolen drug money.

Licence To Kill was a particularly brutal flick.

A henchman gets fed to a shark, another is tossed in a giant drawer full of hungry maggots and a young Benicio Del Toro is chopped up by a cocaine grinding machine.

• **Elliot Carver's henchman (Tomorrow Never Dies):** An assassin adds some red toner when he's thrown into a printing press.

Bond says, "They'll print anything these days."

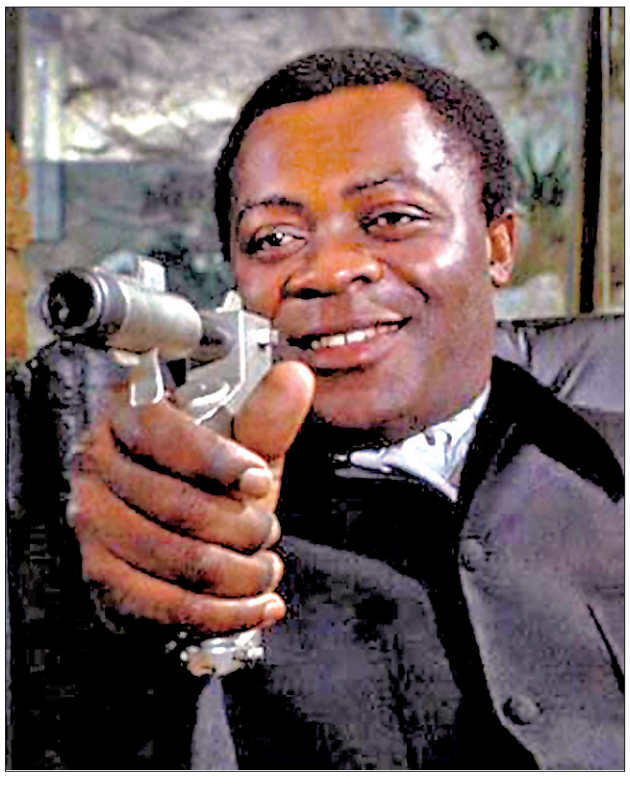
• **Dr. Kananga (Live And Let Die):** During an underwater fight — involving sharks, of course — Bond feeds the crime lord a capsule of compressed air, causing him to turn into a bursting balloon.

The quip, "He always did have an inflated opinion of himself."

• **Elektra King (The World Is Not Enough):** As Bond trains his gun, his villainous ex-flame tells him, "You wouldn't kill me, you would miss me."

Bond replies, "I never miss," and then caps her in the head.

Ruthless.



After his death in Live And Let Die, James Bond noted that Dr. Kananga "always did have an inflated opinion of himself."

And the survey says... Use your head

According to a recent survey, when faced with the issue of erectile dysfunction, only 43 per cent of Canadian couples said they talked to their partner about the issue, 12 per cent said they talked to their physician and 27 per cent said they didn't talk to anyone.

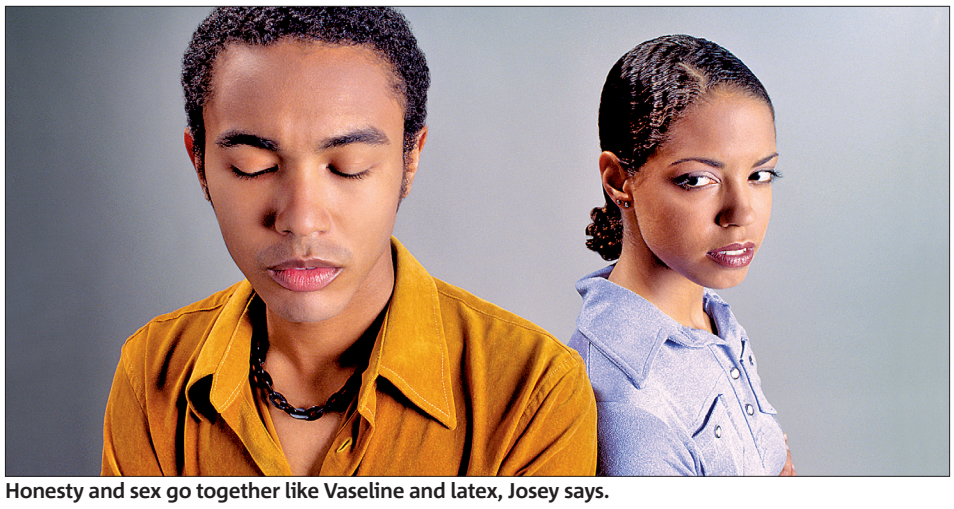
We may be unable to share our most intimate sexual secrets with our partners, but we seem more than willing to expose ourselves publicly.

Recent research also revealed that most overweight American women have more sex than their skinny counterparts, redhead college girls are eight per cent more likely to have a threesome than blond or brunette college girls, students with tattoos prefer missionary position over cowgirl, and vegetarians enjoy giving oral sex 2.5 times more than carnivores.

Who knew?

Given the uselessness of much of this information, why the obsession with everybody else's sex lives? I suspect it's our way of seeing if we're keeping up with the Joneses, exercising our voyeuristic tendencies ("I just wanna peek at what the Joneses are doing"), and gauging whether or not we are sexually "normal."

The big problem with all of this inquisitiveness, of course, is that honesty and sex go together like Vaseline and latex. We lie about it, brag about it, or, at best, are seriously deluded. To wit: In one survey, 31 per cent of men who live with a woman said their partner usually or always performs oral sex while only 15 per cent of the women said they always or usually do the deed. Someone's fibbin'.



Honesty and sex go together like Vaseline and latex, Josey says.

As we all know, sex sells and putting out sex surveys is an almost surefire way of getting whatever it is you're peddling into the media (the ED survey was conducted by Eli Lilly Canada Inc, makers of Cialis). As such, all this number crunching needs to be taken with a fistful of salt.

In my experience, sex surveys are most practical and fun when used to conduct your own private bedroom poll. Having a hard time getting your partner to communicate about sex? Survey them. It's the modern way to spill your guts.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Boyden wins $50K Giller Prize

LITERATURE Toronto-raised author Joseph Boyden was awarded the Giller Prize last night at a televised gala in his hometown.

Joseph Boyden

Boyden, won the award, the richest in Canada for fiction, for his second novel, Through Black Spruce. Boyden now lives in New Orleans.

Rawi Hage, Marina Endicott, Mary Swan and Anthony De Sa were also on the shortlist for the $50,000 prize.

Legendary Canadian author Margaret Atwood, fellow writer Colm Toibin and Liberal MP Bob Rae formed the three-member jury to determine the winner of the Giller Prize, awarded for the 15th time.

METRO NEWS SERVICES

Polanski being honoured
Roman Polanski will be honoured at this month's Turin Film Festival in Italy. The Nov. 21-29 event will feature a full retrospective of the Oscar-winning filmmaker's movies. **IMDB.COM**

Metro Global Photo Challenge 2008

"When I take a picture I want to project the essence of the moment that an untrained eye fails to capture, the everyday art and beauty obscure to a regular eye and the perspective that evokes emotions."
Steve Tunzi, Toronto

Toronto Breaks

"His red shirt caught my eye and the late-afternoon sun made everything sparkle ... I was trying to capture the colour, solitude and hard work of a gentleman and his urban jungle."
Dave Cheresna, Toronto

Keep Off My Lawn

Metro's Global Photo Challenge has drawn 3,890 entries from Toronto, Ottawa, Vancouver, Calgary, Edmonton and Halifax, and 55,389 international entries. The Top 10 photos are on display at the CN Tower until Nov. 16. Vote for your favourite shot online at **metronews.ca/photochallenge** until Nov. 23. An international jury will judge the Top 5 photos, and the winner will receive a Nikon D700 DSLR and Nikon 24-70mm F2.8 zoom lens. The photos above are details of the entries. Visit the website to see the full image.

Oh good Lordi

BRIAN TOWIE
Metro Canada

Lordi's trying to extend the Halloween season a little bit longer by putting the balls back into rock and roll.

The heavy-metal rockers are currently re-introducing themselves to North American audiences following the release of fifth album Deadache, touring with Type O Negative in the U.S. and recently appearing on Conan O'Brien.

The ironic hard rock camp isn't lost on fans. Infectious tunes with titles such as Manskin Boots and Bite It Like A Bulldog — a single where the band has invited fans to create and submit their own videos — evoke chuckles from listeners before they find themselves pumping their fists.

"We're freaks," says guitarist Amen. "We're actually surprised that not too many people have thought of the 'monsters on stage' thing before. It's really something.

"So far the tour has been going well, though a couple of the places we've been to and we're going to won't allow our pyros. We're a little disappointed by that, but we hope the audiences will still have a good time."

Taking a page out of Kiss' playbook, the headbangers have made a name for themselves in Europe by rocking out in demonic outfits set to spectacular pyrotechnics at live gigs, the most notable instance being at the 2006 Eurovision song contest in Athens.

Representing their native Finland — amid much protesting by religious leaders in that country and Greece, who called their music satanic — Lordi blew the roof off the relatively austere ceremonies by unleashing their "arockalypse" on an unsuspecting audience, handily winning that year's contest and propelling them to stardom.

A year later, Lordi joined heavy-metal aristocrat Ozzy Osbourne on the 2007 Ozzfest tour in the U.S. — an unpaid sojourn which saw the band booed offstage at some gigs and losing their bus to a highjacking.

"We're freaks," Lordi guitarist Amen admits.

"He never gave us any pointers or anything, but it was great to tour with someone who bit the head off of a bat," Amen says of Osbourne. "He's a great guy."

Lordi soldiers on despite their rotten financial luck. The band's front company, Lordi Enterprises, is hemorrhaging money after an unsuccessful horror movie and soft drink line.

Amen isn't worried for the future, but does admit it's no cakewalk to perform their live act given their debts.

"We've learned that it's very expensive to do a movie," he laughs. "And it takes a lot of money to do those costumes. But we love it. For us, every day is Halloween."

Killers, Ludacris and West albums moved forward

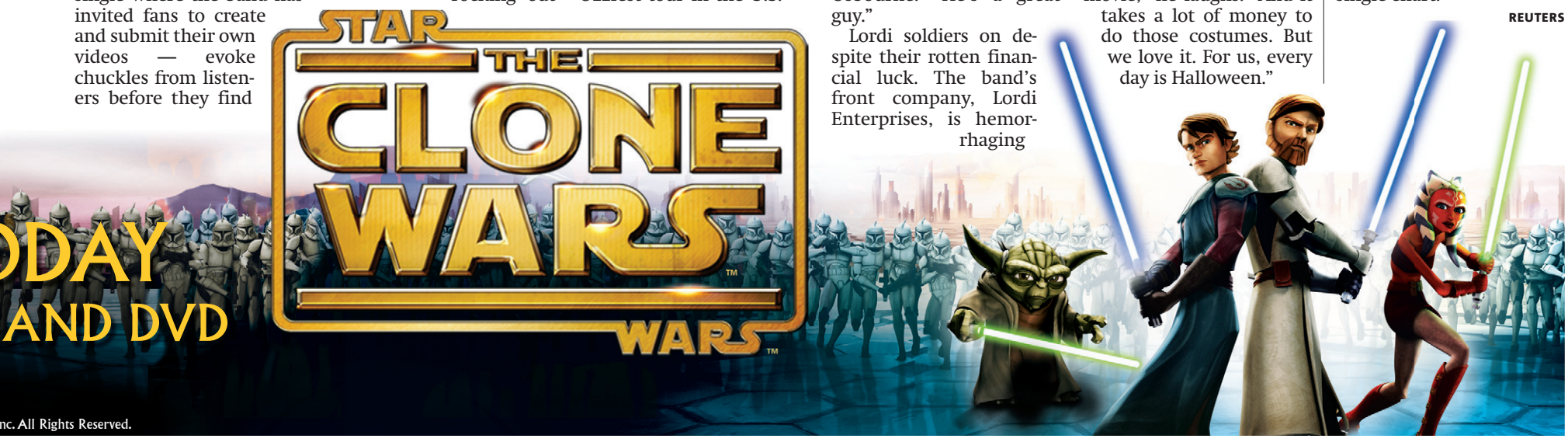
MUSIC New albums by the Killers, Ludacris and Kanye West will be released a day earlier than planned, on Monday Nov. 24, to capitalize on the Thanksgiving shopping weekend, their Island Def Jam label said.

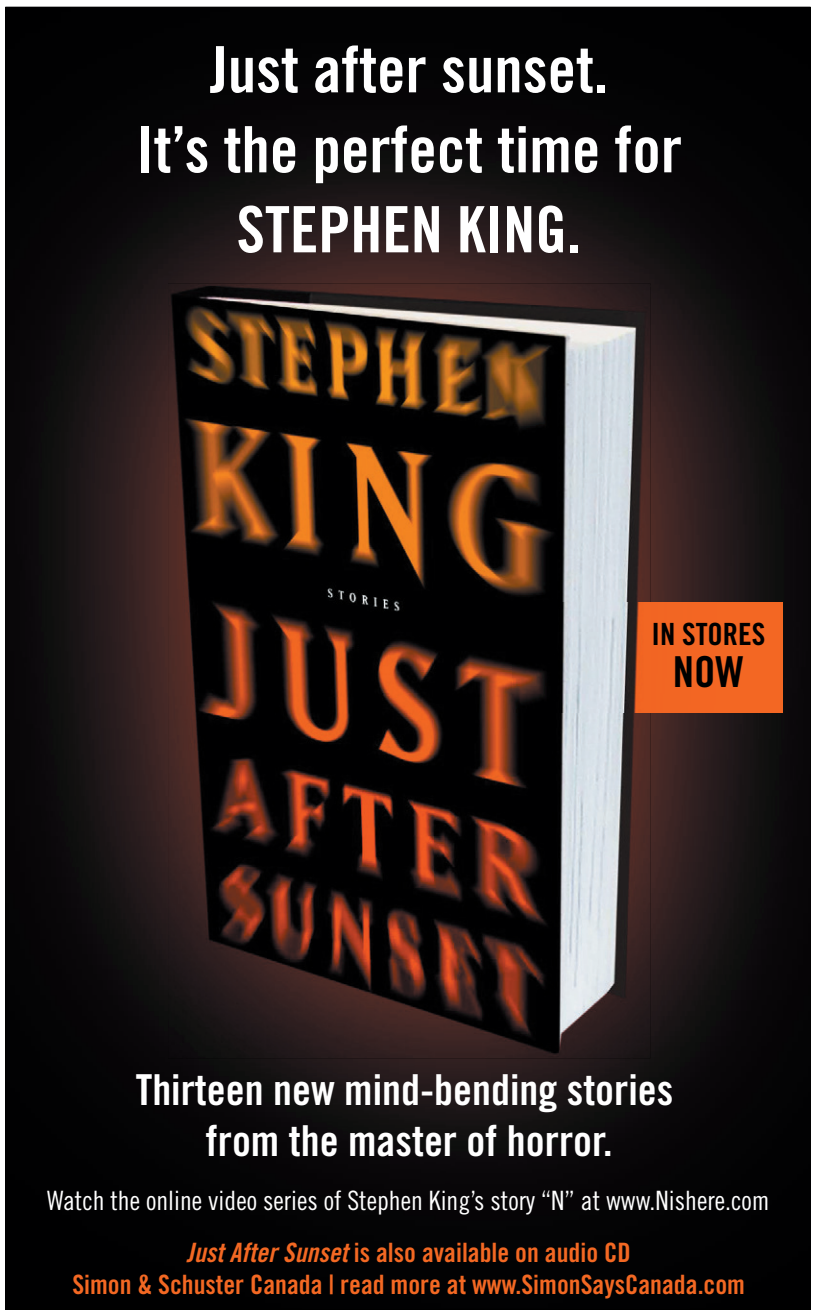
Each project has already spawned a hit. The Killers' Human, drawn from the album Day & Age, is No. 6 on Billboard's Modern Rock chart.

Ludacris' One More Drink co-starring T-Pain is No. 34 on Hot R&B/Hip-Hop Songs; it comes from Theater of the Mind.

West's Love Lockdown, from 808s & Heartbreak, has already peaked at No. 3 on the flagship Hot 100 single chart.

REUTERS





Pollan appearing on Medium
Michael J. Fox's actress-wife, Tracy Pollan will appear in a three-episode arc of Medium. EW.COM

Fighters hit streets

HollywoodNorth

Andrea Woo

andrea.woo@metronews.ca

PHOTO SUBMITTED
R&B singer Andrew "Dru" Grange (formerly of In Essence) was spotted in town during Vancouver Fashion Week.

It's been more than a year and a half since buzz hit the Internet that a **King of Fighters** movie would be made, and next week, filming for the live-action flick will finally begin in Vancouver. **Maggie Q** (**Live Free Or Die Hard**, **Mission Impossible III**) and **Sean Faris** (a relative unknown with abs I don't hate) will star in the martial arts movie based on the video game franchise, while Hong Kong's award-winning **Gordon Chan** (**Beast Cops**, **2000 AD**) will direct. Filming in town is expected to last from Monday until mid-January.

The folks at the Lyric Stage Project premiered The 21st Floor yesterday, an original full-length play about the city of Vancouver through the lives of its residents by artistic director **Michéle Lonsdale Smith**. The description on the press release: "Set high above an increasing unrest in the streets below, 10 people are sequestered inside their designer laps of luxury, comfortably numb within spaces held aloft by concrete, steel and status. But when the unthinkable meets the inevitable, the cracks begin to show." I've yet to see it — hoping to soon — but am thinking **Robson Arms** meets **Crash**. The play runs until Nov. 22 at the PAL Theatre (581 Cardero St.), with tickets available through ticketstonight.ca.

SPOTTED: **Halle Berry**, in town shooting **Frankie & Alice**, and eight-month-old baby **Nahla**, dressed as a lamb, hanging out on set together before returning to their Vancouver hotel Thursday; **Corner Gas** star and creator **Brent Butt** at Subway on West Broadway Saturday; Toronto R&B singer **Andrew "Dru" Grange** (formerly of In **Essence**) at Dunlevy Studio for Vancouver Fashion Week Sunday.

Andrea Woo is a Vancouver-based news and entertainment reporter.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/12/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie	CBC News: the fifth estate		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Knight Rider (N) (CC)		Hulk Hogan & Family: The E! THS			The Soup	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	News (In Mandarin N)		News (In Cantonese N)		News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (N)	Hollywood	You Can Dance		Criminal Minds "Memoriam"		CSI: NY "Dead Inside" (N)		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	The Practice (CC)		Third Watch (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (N) (PA) (CC)		House "Living the Dream"		The Guard (N) (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	America's Next Top Model (N)		To Be Announced		To Be Announced		News (CC)
	253	359	13 CITY	Law & Order: SVU		The 42nd Annual CMA Awards Festivities honor excellence in country music. (Same-day Tape)						EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	America's Next Top Model (N)		Stylista "Shop It Like It's Hot"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Memoriam"		CSI: NY "Dead Inside" (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Knight Rider (N) (CC)		Life "Black Friday" (N) (CC)		Law & Order "Challenged" (N)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Grocery Bag	Maxed Out	Supersize vs. Superskinny		She's Got the Look		Style by Jury
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The 42nd Annual CMA Awards Festivities honor excellence in country music. (Same-day Tape)						News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Supernova ★ (2000) James Spader, Angela Bassett.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Wings-Canada	Monarchy: The Royal Family at Work "The State Visit" (N)				Guarding the Queen		Change Your
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (N) (PA) (CC)		House "Living the Dream"		News (N) (CC)		Family Guy
	-	364	43 PBS	Monarchy: The Royal Family		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Secrets of the Dead (CC)	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Perfect Pullup
	298	653	65 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (N)		Stylista "Shop It Like It's Hot"		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Card Sharks
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Kitchen Nightmares		Late Late Show	
news	502	390	23 NW	The Human Spider (N) (CC)		CBC News: The National (N)		CBC News: The National		The Human Spider (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	UFC: Access	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey Colorado Avalanche at Vancouver Canucks. (Live) (CC)					SportsCentre	Motoring 2008	Strength	SportsCentre
	411	457	49 OLN	Word Travels	Globe Guides	Pilot Guides (CC)		Don't Forget Your Passport		Ed's Up (CC)	Adventures	Word Travels
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pinks	Pass Time	Am. Thunder	Am. Thunder	Pinks	Pinks Out	Wrecked
	416	409	144 GLF	Fútbol Italiano		Gol TV News		Art of Football	Footballers	Paid Program	Art of Football	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	The Critic	Chicken	Lucy Devil
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Into the Wild	Meerkat	The World's Oldest Boy Band		Zarzuela Concert With Plácido Domingo Spanish opera.				Montreal Jazz
	575	583	20 CMT	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi	Degrassi	PunchMuch		50 Cent: Money and Power		disBand	Born to Be	Spotlight
	600	564	29 H&G	Million Dollar Listing (CC)		Holmes on Homes (CC)		Mansions	The Stagers	Property	Unsellable	$1M Listing
	615	520	61 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Parking Wars
	628	584	62 SPKE	The Ultimate Fighter (N)		The Ultimate Fighter		CSI: NY (CC)		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34 TLC	Purity Balls (CC)		Jon & Kate Plus 8 (CC)		Jon & Kate	Jon & Kate	Purity Balls (CC)		Jon & Kate
	616	522	39 SHO	Kink in Hair	Kink in Hair	Durham County (CC)		Billable Hours	G-Spot (CC)	Starter Wife (CC)		House (CC)
	620	523	40 BVO	Arts & Minds	The Achievers	Law & Order "Empire" (CC)		Without a Trace (CC)		Signif. Others	Signif. Others	Signif. Others
	601	562	41 SLC	Real Housewives of NYC		Last 10	Bulging Brides	Work Out (CC)		Real Housewives of NYC		Trading Sp
	520	505	42 DIS	Mayday "Out of Sight" (CC)		Daily Planet (CC)		MythBusters Three gun myths.		Cash Cab	Destroyed	Mayday (CC)
	522	506	44 HIS	NCIS "Heart Break" (CC)		Finding the Fallen (CC)		Finding the Fallen (CC)		NCIS "Heart Break" (CC)		Normandy
	627	528	45 SPC	Ghost Hunters International		Stargate SG-1 "Dominion"		Lost "One of Them" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	House-Payne	House-Payne	Seinfeld	Sex and-City	Sex and-City	Flubber ★★ (1997, Comedy) (PA) Robin Williams. (CC)			
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Reality	What	Family Guy	Seinfeld	Seinfeld	'70s Show	Family Guy
	603	561	52 FN	Top Chef "Melting Pot" (N) (CC)			Dinner	Challenge (CC)		Iron Chef America		Top Chef
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	House Party	House Party	Daily Show
	320	621	60 CEN	Reservation Road ★★ (2007, Drama) (CC)			Pan's	True Blood (CC)		Dexter "Easy as Pie" (CC)		The Fountain
	581	566	101 MTV	Real World-Road Rules		MTV Live	After	Man and Wife	Super Sweet	Real World-Road Rules		MTV Live
	261	394	102 V	Enigma "Aleister Crowley"		Hope Island (CC)		Summer Wine	Dinnerladies	Darling Buds of May (CC)		Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Van. Nights	Iranian Pop	Sabor Latino		Hola Que Tal		Patrol World

critics'corner

CSI: NY
Finding a nice place to live in the New York metropolitan area can be a challenge. Just ask the CSIs. This week, they investigate the brutal murder of a house relocator who was found dead inside an old Victorian that was being barged from Staten Island to the Upper East Side. The crime leads them to the world of "Secret U," an art-house world of true confessionals where 20-somethings divulge their darkest secrets, with deadly results. 10 PM on CBS CTV

The 42nd Annual CMA Awards
Oh, my God, they nominated Kenny! And nominated him again! Kenny Chesney is the man to beat at this year's awards honoring country music's best. He's got seven nominations, including entertainer of the year and single of the year for "Don't Blink." He's scheduled to perform on the show as well, along with, among others, Alan Jackson, Taylor Swift and the duo Sugarland, who's right behind him with six nominations. Brad Paisley and Carrie Underwood host. 8 PM on ABC

Reality show searching for models

TV Do you want to be on top — in Canada?

Canada's Next Top Model is looking for the next catwalk queen. The search for competitors is on for the third season of the reality show, which will air on CTV in 2009, CTV has announced.

Ten ladies will compete for a grand prize that includes a $100,000 beauty contract.

Applicants must be female, between 18-23 (as of Jan. 30), Canadian citizens and/or permanent residents of Canada, and at least five-foot-eight. Participants must also be prepared to spend five weeks away from home and must not be locked into a current modeling contract. For more information and/or to download the official application kit and apply, go to model.ctv.ca.

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Armstrong returning to Dirty Sexy Money
An ABC spokesperson confirms that Samaire Armstrong will be returning to Dirty Sexy Money for a special Thanksgiving-themed episode to air on Nov. 26. **EW.COM**

The movie What We Do Is Secret arrives on DVD this week.

Theatres missed out on early punk biopic

RICK MCGINNIS
Metro Canada

Anyone who knew the band probably would have laughed at you if you said that, one day, there would be a Hollywood biopic of The Germs, with a big TV star living out his dream to play the band's lead singer, Darby Crash.

That film, What We Do Is Secret, arrives on DVD this week after a very brief theatrical run, an example of the sorts of films that are finding the better part of their commercial life away from the theatres, and a labour of love for its director and star.

Lorna Doom was Terri Ryan when she met Darby Crash in high school, and was renamed in typical punk style when they formed the band and recorded Forming, one of the most gleefully incompetent punk rock singles ever released. The band got better, and managed to be wildly influential despite getting banned from every rock club in Los Angeles before Crash overdosed himself the night before John Lennon was shot.

"If he hadn't have done it when he did it he probably would have done it a few years later," Lorna tells me, recalling her friend, who's played by E.R.'s Shane West in the film. "Unless we had become massively successful, but that wasn't an option back then. Punk rock was so underground that there was never any hope of success. That was his plan, so he would have done it eventually, unless something totally different had happened."

Director Rodger Grossman started planning the film after leaving film school, over a decade ago, getting Doom and band mates Pat Smear (Nirvana, Foo Fighters) and Don Bolles on board to consult, before West, who was a toddler when Crash died, signed on and helped get the film's tiny budget financed. West, a rabid fan of The Germs, went to unprecedented lengths to play Crash, and has even taken the singer's place in a re-formed Germs since filming was completed.

"I don't know if you know this but he got the tattoo that Darby had and he got his teeth altered to replicate Darby's teeth," Lorna tells me.

"Being on the set and observing his dedication to it, it was so impressive. I think Darby would have been very happy with his portrayal."

There are a lot of films like What We Do Is Secret — decent, watchable products of real inspiration and passion that probably never stood a chance of wide release in the ever-tightening theatrical market of blockbusters, multiplexes and "tent pole films," and the movie industry seems to have created a yawning gulf between major releases and cult films, which includes practically everything else, most of which only gets a real shot at an audience on DVD.

"I think it's the people who were around during the time, and people who were curious and missed the scene," says Lorna.

"It's kind of like our audience. People who want to see where punk rock began, and then the curious." At the same time, though, she thinks it's a shame that so few people will ever get to see the film outside of their living rooms.

"Obviously it's a movie with a lot of music, so it's nice to be in a theatre and hear it really loud, through the speakers. I understand a lot of people watch DVDs, but it's a movie with a lot of incredible music, so if I had to choose a way I'd choose a theatre."

Actor's dedication

- E.R. actor Shane West went to great lengths to portray the musician.
- West, who was a toddler when Crash died, got an identical tattoo, and altered his teeth to replicate Crash's.

GlobalStyle

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See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Shield's fans loyal

IntelleVision

rick.mcginnis@metronews.ca

THAT'S WHAT DVD BOX SETS ARE FOR: I've made a point of insisting since I began writing this column four and a half years ago that I watch as little TV as possible. Readers — and even friends — have told me that they envy my luxurious life, lounging around watching TV all day; far from it, I have far too much else going on (writing features, raising kids, pretending to be James Bond) to waste it vegging out in front of the tube like some depressed jobless grad with an arts B.A.

And frankly, I think it would harder to write this column — and a lot less fun to read it — if I did it from a position of being held hostage to a host of fave shows and compulsive nightly surfing up and down the dial, which would inevitably feel like the aesthetic equivalent of Stockholm Syndrome. There's a lot to watch on TV these days, and I can only imagine how much easier it would have been to do this job in 1973. A conscientious columnist would be obliged to watch as much crap as quality, and if there's one thing I'm not it's a conscientious TV columnist.

Michael Chiklis

One unfortunate side effect is that I miss a lot of good shows, and readers frequently write in to bug me about it. One of those shows is The Shield, the FX cop drama starring Michael Chiklis that's nearing the end of its seventh and final season. It has a large and loyal audience that regard it as on a creative par with The Sopranos, Deadwood and Mad Men, and they've frequently asked — in sometimes unkind language — why I've ignored it for so long.

I can tell you why, and this paragraph from a Salon.com story on the show's coming finale pretty much sums it up: "There are so many different chess pieces in play at this point, sometimes it's tough to keep up. Mackey is manipulating his longtime enemy, councilman David Aceveda (Benito Martinez), his ex-wife, Corinne (Cathy Cahlin Ryan), FBI agent Olivia Murray (Laurie Holden), the Mexican drug cartel, fellow Strike Team loyalist Ronnie (David Rees Snell), his former boss detective Claudette Wyms (CCH Pounder) — the list goes on and on. But Mackey is so good at what he does — double-dealing, backtracking, using whatever he can as leverage against anyone with any power, rethinking his plan, recalibrating his approach."

There is, let's be honest, no way I'm going to cut through that thicket of backstory and exposition and appreciate what's going on as the show heads for the bloody climax that many of us (mistakenly) predicted for The Sopranos. It took a Herculean effort of Googling and YouTube searching to get up to speed with the last two seasons of The Sopranos, and now that the deluxe complete box set of the HBO is coming out, I can finally go back and enjoy the early seasons that I missed because a) I wasn't writing a TV column and b) I wasn't watching much TV, which is sort of where I came in, here. That said, I'm looking forward to a bricklike box set of The Shield at some point in the near future which will let me agree, quietly and in the dark of some sleepless night, that my readers were right.

Rick McGinnis writes about music, movies, books and television, but not opera.

View of Frank through friend

MOVIE A movie based on the best-selling memoir by a friend of Anne Frank is being developed by an indie studio.

My Friend Anne Frank is an adaptation of the book by Jacqueline van Maarsen, who was described as Frank's best friend Jopie in The Diary of Anne Frank.

The author went to school with Frank and spoke with her father Otto after World War II.

The film's plot will follow the young friends' separate internments in concentration camps. Alberto Negrin is attached to direct for Nu Image/Millennium Films. Negrin knows the terrain well. He shot the Italian biopic Perlasca, based on the man who posed as a Spanish official to save Hungarian Jews from the Nazis.

REUTERS

Ferrera starring in Iraq war drama

MOVIE "Ugly Betty" star America Ferrera has joined the cast of an Iraq War-related drama set for a February start in New Mexico.

The project, tentatively titled American Tragic, follows a young soldier (Ryan O'Nan) who has trouble readjusting when he returns to his small hometown.

Ferrera will also executive produce.

REUTERS

McCartney's daughter to sing in Shrek 4

Sir Paul McCartney's five-year-old daughter is to sing in the new Shrek 4 movie. The music legend is voicing a character and writing a song for the latest instalment in the hit animated franchise. FEMALEFIRST.CO.UK

Celebrity Buzz

Richards admires Madonna's energy

PEOPLE Denise Richards says seeing 50-year-old Madonna perform her Sticky & Sweet tour over the weekend was "amazing," usmagazine.com reports.

"You feel lazy watching her because you gotta get off your butt and just work," the actress said.

Richards added that the singer (who recently announced her divorce from Guy Ritchie) "is really an inspiration for everyone."

Meanwhile, Richards said she can't wait to get behind the camera to film the second season of her E! reality show It's Complicated.

"You know, there's not much to tell. We start filming in January, and we're all very excited to start up again," Richards said. "As my life changes, Season 2 will be different because different things happen, and it's a reality show."

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GETTY IMAGES PHOTOS

Washington criticizes Grey's

CONTROVERSY Former Grey's Anatomy star Isaiah Washington, who was axed from the show in 2007 after spewing a homophobic slur at T.R. Knight , is slamming the show for firing Brooke Smith, usmagazine.com reports.

"I looked at a brilliant actress, whom I have adored since I first saw her in Silence of the Lambs," he says in the Nov. 17 issue of TV Guide. "For her to be treated this way, I find very interesting."

Grey's creator Shonda Rhimes released a statement last week insisting that "Brooke Smith was obviously not fired for playing a lesbian .... we did not find that the magic and chemistry with Brooke's character would sustain in the long run."

Regardless, Washington says the move was harsh.

"The fact is that, just before the holidays, you have a mother, a wonderful actress removed from a steady income without the proper reasoning behind it ...," he says.

So what can the show do? "Bring Burke back!" Washington says.

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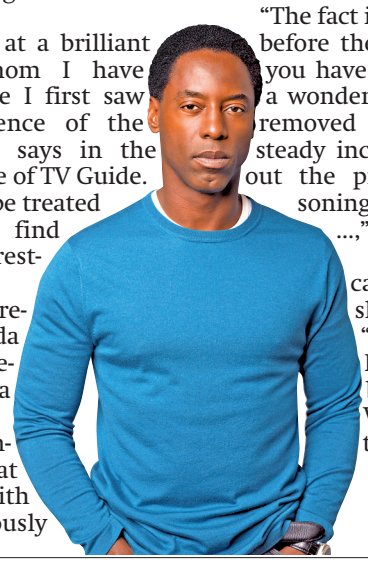

Beyoncé inherits style from mom

FASHION Beyoncé's sense of style comes from a source close to home — her mother Tina, who owned a hair salon and taught the young Beyoncé how to dress well and save money, People.com reports.

"She'd get us little jackets and we'd go to an art supply store and we'd get stones and glitter and we'd personalize a lot of our clothes," Beyoncé, 27, said in an interview in the premiere issue of The New York Observer Style.

"She taught me the importance of looking good and feeling good, but also that beauty comes from within, because it fades."

METRO NEWS SERVICES

FameThrower

Joe O'Neill

Joe's take on celebrities

We all have to take our inspiration from somewhere, and apparently **Denise Richards** is taking hers from a really sinewy and annoying woman who stalks around on stage shrieking, wearing huge platform boots and pretending to play the guitar. And I'm not talking about **Avril Lavigne**, I'm talking about **Madonna**. When it comes to women who inspire, I'm afraid **Mother Teresa** just wasn't quite fabulous enough.

So I suppose we should all wish Richards luck with that whole pumping iron, taking steroids, embracing a dubious belief system and turning into a man thing, and on the shooting of the second season of her reality show, It's Complicated. The show isn't actually that complicated, but it has managed to make television critics unanimously put forth the name of the inventor of the fast-forward button for sainthood. I mean, how many ways can anyone think of to communicate the idea that **Charlie Sheen** was a bad husband and father? Even Charlie Sheen doesn't argue that point. Watching It's Complicated actually fills you with a sense that Denise is doing the impossible and besmirching the name "reality show." It really should be called an "inanity show."

NEWSDESK@METRONEWS.CA

Halliwell breaks up with boyfriend

RELATIONSHIPS Former Spice Girl Geri Halliwell has dumped her boyfriend Ivan "Flipz" Velez over the phone, femalefirst.co.uk reports.

Halliwell reportedly called the backing dancer three weeks ago to tell him she was ending their six-month romance.

"She called 'Flipz' when she returned to the U.K. from Los Angeles and confessed that things just weren't working for her," a source said.

"Geri said she'd hoped it would be an amazing love-of-her-life romance, but that the spark just wasn't there."

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Craig is ready to purchase house

PEOPLE "Daniel Craig is planning to buy a permanent home because he is so fed up of living out of a suitcase, imdb.com reports.

The James Bond star has been staying in hotels for the past two years due to his hectic work schedule.

But Craig now feels the time is right to set up a base.

"I just haven't had the time to buy anywhere," Craig says. "I'm hoping to get somewhere more solid this year."

METRO NEWS SERVICES

Winehouse fed up?

RELATIONSHIPS Amy Winehouse is reportedly at the "breaking point" over her husband's friendship with another woman, femalefirst.co.uk reports.

The singer, who hasn't seen Blake Fielder-Civil since his release from prison last week, is said to be devastated after discovering he told Sophie Schandorff he was leaving jail early to enter a rehabilitation clinic before he broke the news to her.

"When Amy found out Blake had been in contact with Sophie it was the final straw," a source close to Winehouse told Britain's The Sun newspaper. "Amy hasn't visited him in rehab and is refusing to take his calls. It looks like it's over, but we've been here before. He's talked her round plenty of times before."

Fielder-Civil is apparently convinced his year-long marriage is in good shape.

"We'll be together for the rest of our lives," he said. "She hasn't dumped me. We both love each other and will be together forever. We have spoken on the phone and I'm expecting a visit from her any time now. We can't wait to be back together."

METRO NEWS SERVICES

Is Bloom ready to settle down?

MARRIAGE Actor Orlando Bloom and his supermodel girlfriend Miranda Kerr are reportedly making plans to marry, femalefirst.co.uk reports.

"They are talking about settling down and getting married in a year," a source told Star magazine. "They have had a bit of a crazy year, but they do love each other and she wants to be his wife."

Kerr has been spotted wearing a collection of expensive jewelry, most of which had reportedly been bought for her by Bloom.

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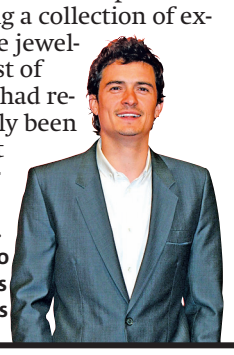

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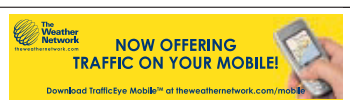
Thursday Sunny 10° / 4°
Friday Rain 60% 8° / 7°



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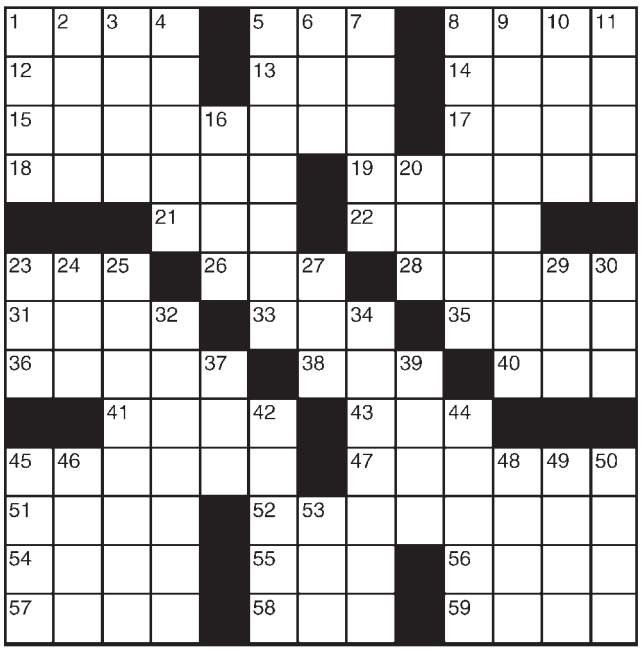
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	2	6		8		7
3		2	4					5
	7							
5		8			7			
		6				2		
			9			5		3
							8	
6					1	3		2
4		1		3	9	7		

Crossword across

1 Secure place for valuables
5 Hair-salon application
8 Celeb
12 PC picture
13 Bullring bravo
14 You
15 Misled
17 Cupid's alias
18 Appeared to be
19 Show-biz skill
21 "Of course"
22 Unrivaled
23 Pretense
26 Cauldron
28 Suburbanites' pride
31 Wonka's creator
33 Japanese theater
35 Racetrack boundary
36 Fat-shunning Jack
38 Boxer
40 "Yippee!"
41 Physical
43 Affirmative action?
45 Clyde's partner
47 Envisioned, in a way
51 Lotion additive
52 Grain machine
54 Frees (of)
55 "Norma —"
56 Gambling game
57 Santa's sackful
58 Antiquated
59 Pornography

Crossword down

1 Perches
2 Rue the workout
3 Golfer's warning
4 Adversary
5 Mark of game-show fame
6 Sprite
7 Some turns
8 Outstanding
9 Trilateral
10 A billion years (Var.)
11 Whatever's left over
16 Sob
20 "You've got mail" co.
23 Billboards
24 Upper limit
25 Elegy
27 Surpass
29 Peeples or Vardalos
30 Crafty
32 Negligence
34 Ten times ten
37 Skater Babilonia
39 Cheney predecessor
42 Paris subway
44 Classroom array
45 Homer's son
46 Medley
48 Throat-clearing sound
49 Options list
50 Jog
53 "2001" computer

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	W	N			A	S	S		H	O	A	R		
M	A	I	L		R	E	C		I	N	C	H		
I	S	L	E		M	A	R		G	O	T	O		
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P	A	J	A	M	A	S		L	A	P	S	E		
U	P	O	N		G	E	M		N	E	S	T		
M	E	L	D	S		W	O	N	D	E	R	S		
A	S	T	R	O	S		P	A	L					
			I	S	I	S		G	O	N	Z	O		
B	E	R	G		T	O	P		W	O	O	D		
U	T	A	H		U	S	A		S	A	N	D		
R	A	N	T		P	O	D		H	E	S			

1	9	5	4	7	6	3	2	8
4	3	8	9	2	1	5	6	7
6	2	7	5	3	8	9	4	1
7	1	4	6	9	3	2	8	5
3	5	6	2	8	4	1	7	9
9	8	2	1	5	7	6	3	4
8	7	1	3	6	9	4	5	2
2	6	9	8	4	5	7	1	3
5	4	3	7	1	2	8	9	6

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Stir-Fried Beef with Mango

INGREDIENTS:
14 oz (400 g) lean steak, trimmed of fat
3 garlic cloves, minced
1 tsp (5 mL) sugar
2 tsp (10 mL) soy sauce
1 1/2 tbsp (20 mL) sunflower oil

GINGER AND HONEY DRESSING:
2 tsp (10 mL) paprika
1/2 tsp (2 mL) cayenne
1 1/2 tbsp (20 mL) honey
1 inch (2.5 cm) piece of fresh ginger, peeled and grated
4 tbsp (60 mL) rice vinegar or apple cider vinegar
Juice of 1 lime

SALAD:
1 mango, peeled and cut into strips
2 plums, sliced
1/2 medium red cabbage, shredded
2 oz (60 g) watercress leaves
1/2 cucumber, cut into matchsticks
1/2 red pepper, seeded and cut into thin strips
3 scallions, sliced diagonally
1 1/2 oz (45 mL) mixed fresh mint and cilantro
2 tbsp (25 mL) coarsely chopped roasted unsalted peanuts

METHOD:
1. For dressing, put paprika, cayenne, honey, ginger and vinegar in a saucepan over medium heat. Slowly add 1 cup (250 mL) water, stirring, and bring to a boil. Reduce heat and simmer 5 minutes. Remove from heat and stir in lime juice; set aside.
2. Combine salad ingredients, except peanuts, in a large serving dish and toss gently; set aside.
3. Cut steak into thin strips and put in a bowl with garlic, sugar and soy sauce. Mix to season strips. Heat nonstick skillet over high heat. Add oil and beef. Stir-fry until strips are evenly brown and cooked to taste, about 3 minutes.
4. Spoon beef over salad. Drizzle dressing over and sprinkle with peanuts.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A doubtful contender makes a move forward. Compatible people will melt away emotional blocks. Relationships with neighbours will interest you.

TAURUS ♉
APRIL 21-MAY 21
People will accuse you of overdoing things. You'll see profound changes going on. Someone will need to kiss and tell about it.

GEMINI ♊
MAY 22-JUNE 21
Cunning and eagerness is found among peers. You'll get somebody's back up. Prepare to stand your ground.

CANCER ♋
JUNE 22-JULY 22
A social group takes over and gets special treatment. Observe co-workers to see who is going wrong. Memory loss will give some relief.

LEO ♌
JULY 23-AUG 23
An impressive event will cost big bucks. A melodramatic person will be frowned upon. A peculiar associate is on pins and needles.

VIRGO ♍
AUG 24-SEPT 22
A messenger will mess up. An idealist's heartbreak causes weepiness. A supporter has regrets due to amnesia.

LIBRA ♎
SEPT 23-OCT 23
Think seriously about what you should be doing. A man comments on your expectations. Someone will ask to borrow money.

SCORPIO ♏
OCT 24-NOV 22
A cynical person ends a scheme. A former foe is still shaky after what you did. A nuisance must be stopped.

SAGITTARIUS ♐
NOV 23-DEC 21
A passionate person's difficult behaviour is justified. A strange demonstration will shock you. A negative reply causes a standoff.

CAPRICORN ♑
DEC 22-JAN 20
Provide relief when it's expected. Restrain your temper with disorderly people. The game is over for an old-fashioned guy.

AQUARIUS ♒
JAN 21-FEB 18
A get-together will change your life for the better. You must be determined to succeed. A dilemma is followed by a turnover.

PISCES ♓
FEB 19-MARCH 20
A banking problem makes someone anxious. You should quit while you're ahead. Meetings with progressive people will take place.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Animal park bug (1)
2. High card locale (up a sleeve?) (1)
3. "The View" host Behar's composure (1)
4. Make fun of a stew container (1)
5. Ungracious winner's small engines (2)
6. Irritate Hansel's fairy tale sister (2)
7. Football punter's dupers (2)

ANSWERS
1. ZOO FLU 2. ACE PLACE 3. JOYS POISE 4. MOCK CROCK
5. GLOATERS MOTORS 6. NETTLE GRETEL 7. KICKERS TRICKERS

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